

# The Bethel Citizen

Volume C - Number 04

Bethel, Maine • WEDNESDAY, January 25, 1995

40¢ a Copy

## Mechanic St. work

### Town must first find some evidence of title

#### And residents question new layout

By MICHAEL DANIELS

Lack of clear title for any title to Mechanic Street and its presumed right of way may delay the final phase of the \$2.6 million town-owned revitalization project.

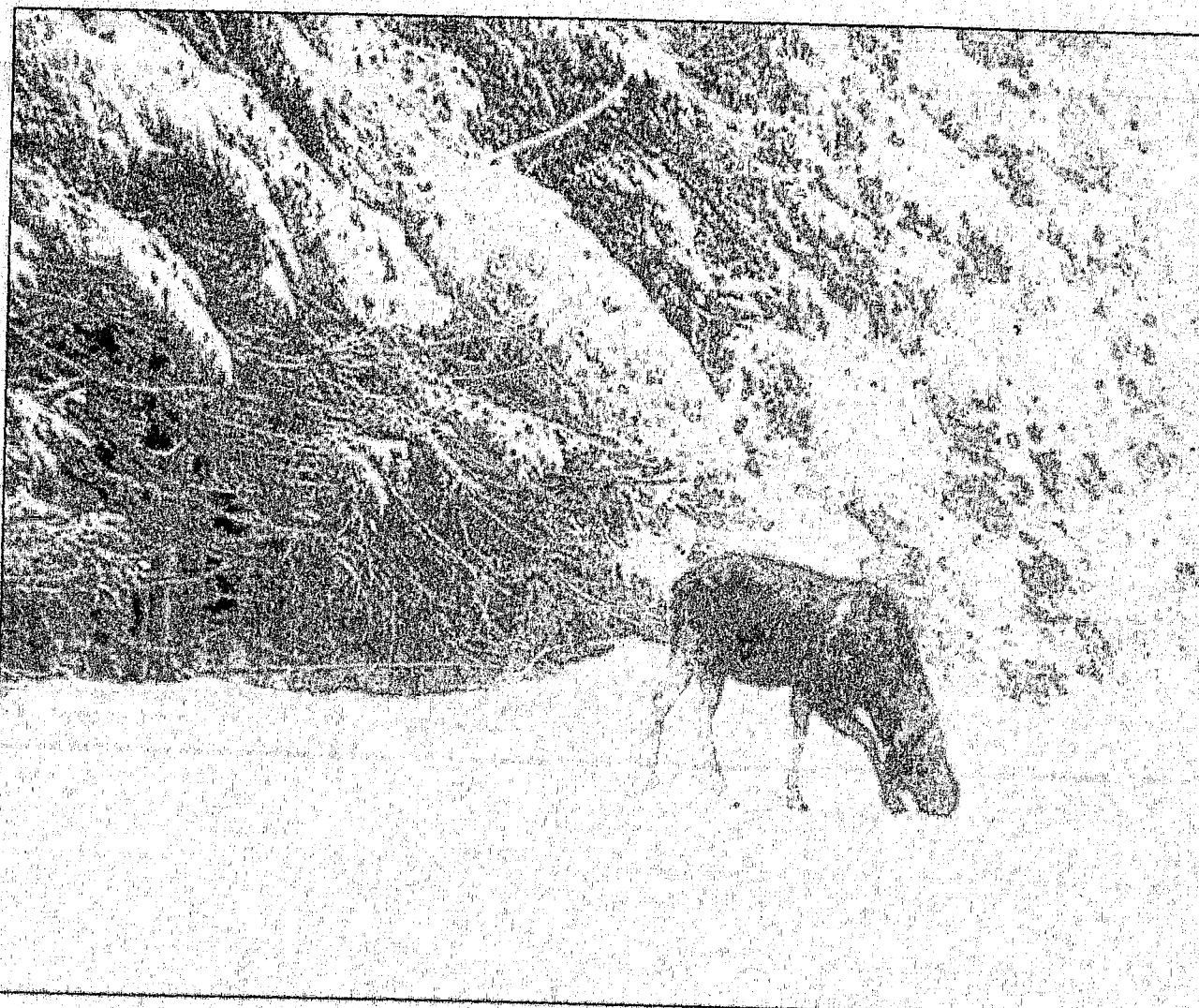
The title party, says the town, is the fact that there is no clear title to the street. The town is trying to find out who owns the street. The town is trying to find out who owns the street. The town is trying to find out who owns the street.

'Trying to tell truckers where to drive is like trying to get NTL to walk on the sidewalks.'

week attorney Mike O'Donnell, who is representing the town in the matter, said, "All the town is asking for is the people who live on both sides of the street to affirm what's there."

There are 16 property owners along Mechanic Street. Town Manager Madeleine Henley told the dozen who turned out last week, "I'm not sure the layout of the street is right. You don't know and you don't know. So we want down and look at it and see what we can do."

See MECHANIC STREET, page 2



GETTING HIS LICKS IN—This moose, spotted just outside Grafton Notch State Park, spent part of a snowy Sunday afternoon licking salt from the highway. Three days of snow flurries have made the woods white again and cold weather is supposed to return by the end of the week. The weather may have pleased winter sports enthusiasts but it took a toll on local drivers. The Oxford County Sheriff's Department received 44 reports of accidents over the weekend, due to rain, freezing rain and snow.

(Photo by Wendy Hanscom)

## In court with O.J.

By MICHAEL DANIELS

It was supposed to be a two-month vacation -- away from domestic violence, its victims, lawyers and courtroom power plays.

But this was one family violence trial that Lynn Mason, coordinator of Bethel's Safer Families Program, couldn't say no to.

While waiting in Los Angeles last week for a freighter that will take her to New Zealand, Mason had an unexpected chance to spend the day Friday at the preliminary hearing of the O.J. Simpson murder trial.

The reality, she reports, is far less glamorous than its televised image.

Her day in court was filled with legal skirmishing over witnesses and evidence, enlivened only by the "grandstanding" of defense attorney F. Lee Bailey.

The courtroom itself was a dreary setting, "not at all as elegant as it appears on TV. It looks like any old district court -- it's not nearly as impressive as the Rufford Court."

Mason departs this week for New Zealand, but she plans to catch another day of the trial in early March, when she passes through L.A. on her way home to Bethel.

And just how did she get that coveted seat in the O.J. courtroom? "A pass from the Los Angeles Police Department," she said.

But she wouldn't say just how she came by the juice to get that pass.

## Andover school

### Parents question use of Indian rituals

Parents of children at the Andover Union Elementary School are questioning the use of Indian rituals in the school's curriculum. The parents are concerned that the rituals are being used to teach children about Indian culture without proper context or understanding.

The school's curriculum includes a unit on Indian culture. The unit includes a lesson on the Sun Dance, a traditional Indian ritual. The parents are questioning the use of this ritual in the school's curriculum.

'Ritual helps us to honor and respect other living things besides people.'

ANDOVER UPDATE

made heads. We talked about animal symbols and totems. The children made four beads signifying different ideas -- silence, respect, shame and the importance of circles to Indians."

Andover parent Donna Smith said she thought part of the article suggested the kids were practicing Indian rituals, so she called the school.

We shared the Andover Update, Smith said, and it seemed that the school and I were crossing the line and teaching religion. I called Barb Sabien (lead teacher) and found out that the kids weren't actually participating in the ceremony. Our concern was the fact that the kids were learning about rituals that were not their own.

Sabien said Wright and I understood community members to come to the school and learn more about the program, Sabien said.

An Andover parent, who asked to remain anonymous, said he thought the meeting closed the air.

We don't object to the school teaching about Indian culture," the parent said, "but we were concerned. There is a difference between being taught and participating in an activity. I think the meet-

See RITUAL, page 2

## District will stay in chamber

By WENDY HANSCOM

SAD44 will remain a member of the Bethel Area Chamber of Commerce.

Directors voted Monday evening to continue membership in the town profit group.

The district has already paid its \$148 dues for 1995. SAD44 administrators paid the fee out of their individual dues and fees accounts.

But Bethel director Merton Brown had asked the board to vote on whether this should be the district's final year of membership.

"I had in excess of 60 people contact me on this issue, and there wasn't a single person in favor of spending taxpayer money on the Chamber of Commerce," Brown told the board. "What I really object to is this clandestine, back door approach to get taxpayer money. For a number of years the town of Bethel declined to give the Chamber of Commerce any taxpayer money, and one year it was just \$25 they asked for. If each administrator in the district can come up with \$10

See CHAMBER, page 3

## Petition challenges county ambulance service change

By WENDY HANSCOM

An Albany resident is circulating a petition protesting the Oxford County Commissioners' decision last week to change the ambulance service for Albany and Mason.

The two townships had been served by Stoneham and Bethel rescue services. But the commissioners awarded the contract to PACE of Norway, arguing that it will save county taxpayers money.

Dotty Dudley is circulating a petition asking the commissioners to reconsider their decision.

The petition states that the signers "feel that any monetary gain will be negated by the lack of response time resulting in the potential loss of life to residents in crises." Bethel and Stoneham ambulance crews are more familiar with remote areas of Albany and Mason, Dudley said.

The Bethel Emergency Ambulance Rescue Service agreed with Dudley. "There's no way they can get there as fast as we can," Arlene Greenleaf said.

The BEARS has been covering Mason and the northern half of Albany for 19 years, Greenleaf said, as well as other local county-run townships and plantations.

Stoneham Rescue has been responsible for the southern half of Albany for 16 years.

Bethel had been charging the county \$4,000 to cover Mason and part of Albany, while Stoneham charged \$3,831 to service the rest of Albany. PACE offered to cover the area for \$1,342.

"We're disappointed," said Bethel Town Manager Madeleine Henley. "We thought we offered a good service at a good price."

## Changes coming in Bethel budget-building for FY'95

By MICHAEL DANIELS

Bethel will estimate its income this year, before it decides on its spending.

Town selectmen agreed last week to Town Manager Madeleine Henley's recommendation that the town adopt a revenue-based budget process for FY '96.

A number of taxpayers, including members of the town Budget Committee, have argued in the past for a revenue-based approach to budgeting. Henley said, but the town officials have resisted that approach because of the difficulty of making an accurate tax projection.

But now, Henley said, "I think it's time to at least give the process a shot, if for no other reason than it's fair to the folks whose wishes in this matter have been denied until now."

Also new this year, the selectmen and Budget Committee will work together to build a draft budget.

In the past the selectmen had approved their own budget, based on recommendations from department heads and the town manager. The selectmen's draft was submitted to the Budget Committee, where it usually ended up being cut.

The selectmen clearly hope that the new approach will bring an era

of better feeling to the budget process.

"Having joint meetings should help to diffuse the antagonistic attitude," said Dutch Dresser.

Budget dates

The board approved the following schedule for this year's budget process:

Feb. 13 -- Consideration of the revenue side of the budget.

Feb. 20 -- Workshop on personnel compensation and expenses (selectmen only).

Feb. 27 and March 13 -- Drafting an expense budget.

March 27 -- Final tally and votes on the expense budget.

April 3 -- Official vote on the overall proposed budget by selectmen.

Scheduled dates for elections and town meetings were approved as follows:

March 17 -- Nomination papers

See BUDGET, page 2

## C. Gill indicted

By WENDY HANSCOM

The Oxford County grand jury indicted Charles Henry Gill, 58, Tuesday on 16 counts of the unlawful practice of psychology and one count of theft by deception.

The evidence presented to the grand jury alleged that Gill collected \$24,411 in salary from the Bethel Area Health Center based upon his assertion he was a licensed practitioner of psychology. Gill also allegedly collected \$4,000 in reimbursement from Medicaid for services rendered.

Last week Gill was also indicted by a federal grand jury in Portland, on two counts of making false statements in application and use of a passport.

The indictment charges that on May 23 Gill presented a passport with a false place of birth to officials at the BAHC.

He was also charged with later presenting the same passport for identification at the Oxford County Sheriff's Department.

According to a Sheriff's Department affidavit, Gill was hired to work as a clinical psychologist at the health center on Feb. 1, 1994. He was fired as director of human services in November, after the BAHC was unable to verify that he was licensed to practice.



ON THE TRAIL AGAIN AT MT. ABRAM—With a little overdue help from Mother Nature, Mt. Abram reopened Monday. Over the weekend, the Locke Mills skiway received seven inches of fresh snow. Ticket prices are \$10 (for all ages) through Friday, Jan. 27.

(Photo by Robert Hodgkins)

The children of  
Floyd and Vangie Keniston  
cordially invite you to attend an  
**Open House**  
in honor of their parents'  
50th Wedding Anniversary.  
Please join us in celebrating this  
happy occasion held at the  
Keniston home in Bryant Pond  
on Sunday, February 5, 1995  
from 2pm-4pm.  
No gifts please  
Karen, Kirby, Kendra & Kendall

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## Letters

### AMBULANCE SERVICE SWITCH

To the Editor:

Residents of Albany, Bethel, Stoneham and Mason Township were given a rude awakening Wednesday, Jan. 18, when they read in the Sun-Journal that the Oxford County Commissioners had awarded a contract to PACE Ambulance for service to that remote area beginning Jan. 23 of this year.

As a resident of this rural area, I am shocked at the action of the commissioners and their arbitrary, unilateral decision to enact this service in lieu of the existing service which we are all familiar with, that of Stoneham Rescue and the mutual aid agreement with Bethel Rescue. The decision was much too smug.

It is my understanding that the only persons present at this meeting were personnel from PACE ambulance service. In speaking with Jim Carey, county commissioner, by phone on Jan. 18, he informed me that though he was concerned about the public's reaction he felt the monetary savings alone would make this a profitable move for the state. He said that PACE would be going out in the next few days and chartering all the back roads. People who have lived here for a lifetime still don't know these roads and the commissioners do not make an effort to put up road signs. Thus who loses? We the residents do. The callous action taken on Jan. 18 by the commissioners will cause a negative \$4,000 for Bethel Rescue and a negative \$3,800 for Stoneham Rescue. The two services have an excellent rapport, as Mike Stach, president of Stoneham Rescue, confirmed via phone. This could ultimately mean the demise of Stoneham Rescue, a service that is staffed by professional local people who are familiar with the area. Because they know the area their response time is minutes. PACE, by virtue of its location could not come close to their response time.

The selling point at the commissioners' meeting of Jan. 17 by the PACE staff was that they would have an ambulance at Sunday River that could cover the area in question. What they failed to say was that they are under contract to Sunday River and even then not on a year-round basis. I am sure if I were a skier at Sunday River and broke my leg I would not want the ambulance service running around Albany and Mason Township or vice versa.

Presently, ambulance service from this area is primarily volunteer and is supported by the communities served. If the PACE service is enacted, the cost of a one-way transport could run in excess of \$500.

It would appear that the commissioners in their efforts to save money for the state are jeopardizing the health and welfare of the residents of this area.

Dorothy Duddy  
Albany

### OPEN YOUR EYES, BETHEL

To the Editor:

I came into the Bethel community 30 years ago as a newborn. After a year I, along with my parents, moved to Farmington when my father took a position with the university. I watched Farmington change dramatically while I lived there. These changes did not happen overnight. The strip development now in place was created over a 15 year period. First there was the McDonald's close to town, then the car dealers further out and then the mall. This all took place in the 70s. The 80s brought more fast food chains, more car dealers and more road upgrades. The 90s have seen Wal-Mart and four lanes of traffic from the Watton town line to the McDonald's and the preparation of land for more development all the way into the town of Watton.

I mention all of this because I see some very similar changes happening in Bethel since my return six years ago. I fear it is already too late to stop the impending development between Bethel and the Sunday River Road. Within the past three years we have seen five new businesses take residence along Route 2 east from Bethel. This year we see three new businesses, one of which, yes, you guessed it, part of a restaurant chain, established along the same route. This does not mean that the Bethel State is moving or any of the new businesses along Main Street I have heard many people voice opinions against creating another North Commons. Well, it's happened, people, and Bethel State has been formed. It is inevitable. Bethel is going to change because of the one million dollar visit to Les Otten last fall. His vision and the fact that we live in a very beautiful and desirable area. Bethel is a vision for the future. However, it is a vision that the Bethel State is creating. It is a vision that is a vision that the Bethel State is creating. It is a vision that is a vision that the Bethel State is creating.

We, the residents of this wonderful community, have the ability to create a vision for the future that is good for all involved, but we must be willing to take the risk and be a part of all that is needed to make it happen. The Bethel Chamber of Commerce meets the third Tuesday of every month. I look forward to seeing everyone who cares about our community at the next meeting.

Andrew Chakemakos  
Bethel

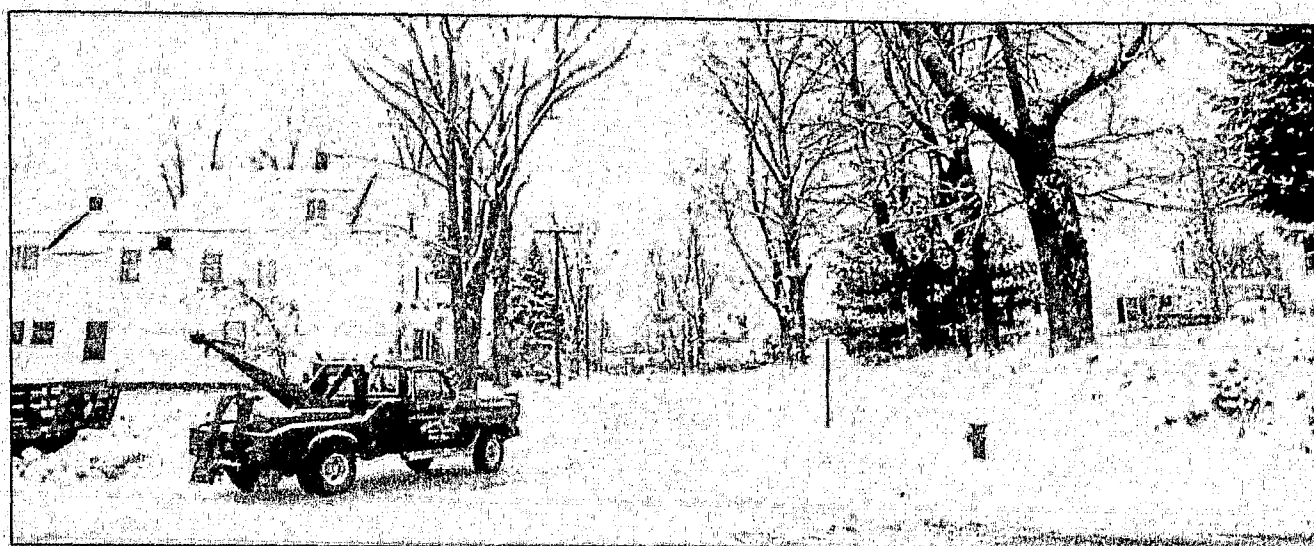
### SAD44 BELONGS IN THE CHAMBER

To the Editor:

Few issues hold the temper and fire the spirit more than the wasteful expenditure of public funds. The merit of SAD44 membership in the Bethel Area Chamber of Commerce is currently one of those little pot-boiler issues. As a taxpayer I feel the pinch of escalating local taxes, often attempting to weigh the need with the need. I listen carefully to my friends and neighbors who now argue that the Chamber appears too business driven, undeserving of funds that can be better spent on education.

But that is the very point of the issue: it should be more business driven. Successful businesses pay for the programs, salaries, construction and expenses of our schools with real estate and personal property taxes. The top property taxpayers in SAD44 are businesses and their

(continued right)



CHANGES IN STORE—The Bethel selectmen have yet to decide on a final plan for revitalizing Mechanic Street, but some residents fear that any improvements will lead to increased truck traffic — and will further alter the residential character of the neighborhood.

(Photo by Michael Daniels)

### Mechanic Street

Continued from page 1

later, its remaining options (in order of preference) are: 1) to file a lawyer's opinion that the town's title would be upheld in court, 2) to have a judge issue a declaratory judgment, or 3) take the land by eminent domain.

The last two options, Henley said, could take several months and delay the start of the project.

#### Design questions

In addition to clearing title concerns before beginning work on Mechanic Street, town officials must make a final decision on how the re-done street will be laid out.

The current work plan calls for (in addition to the underground pipe work) two 12-foot-wide travel lanes and one 12-foot-wide sidewalk on the west side of the road. Granite curbs would run along both sides of the road and there would be no on-street parking.

The Bethel selectmen have each voted on the current plan but have not yet reached a final decision. They are still working with property owners to come up with a plan that will satisfy all.

### Budget

Continued from page 1

for two selectmen, two assessors and two school directors will be available.

April 1 — Deadline for warrant articles.

April 28 — Nomination papers are due at the Town Office.

May 1 — Town Report goes to print.

June 18 — Town election for selectmen, assessors and school directors.

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### THIS WEEK AT THE Moses Mason House

During 1994, over 50 donors made a wide range of donations to the Bethel Historical Society. Among the hundreds of items donated are the following: published and manuscript genealogies, photographs and postcards, artifacts from a variety of fraternal orders, Telstar High School yearbooks, Maine town reports, old newspapers, town histories, local advertising signs, family Bibles containing genealogical records, Rangeley Lakes guide books, scrapbooks, Gould Academy material, account books, church and school district record books, blacksmith tools, old letters, song books, antique jewelry, early maps, framed diplomas and certificates, motion pictures, and genealogical journals. Much appreciation is expressed by the society for all these fine additions to the collection. Several of these items were highlighted at monthly meetings during the past year. Anyone with items that might be appropriate for the society's collection is urged to call the society, 824-2908, or write P.O. Box 12, Bethel, ME 04217-0012.

All members and friends of the Bethel Historical Society are reminded that the next monthly meeting will be held on Thursday, Feb. 2, in the meeting room of the Dr. Moses Mason House, beginning at 7:30 p.m. As this is the annual historical film night, a video, "Anchor of the Soul," a documentary about African-American history in Maine, narrated by Barbara Jordan, will be shown and discussed. All those interested are cordially invited to attend.

Over 300 donors contributed to the 1994 Annual Fund Campaign of the Bethel Historical Society. Among the last contributors pushing the total well over \$8,000 were Roy and Christina Kilgore, Nipomo, Calif., in honor of the Bethel Kilgore, and Stanley R. Howe, Bethel, in memory of Horton W. Emerson, Jr. and Archie Post.

Recent members added to the rolls in 1994 include: Theodore E. MacGibbon, Palatka, Fla.; Ronald Willard, Falls Church, Va.; Arthur P. Gottwald (Iffe), Alexandria, Va.; members who have opted to become life members during 1994 include Jayne Fife, Salt Lake City, Utah; Clifton and Grace Jackson, Wallingford, Conn.; Mary Brent, Springfield, Mo. Much appreciation is expressed to all of the above for their support of the Bethel Historical Society. Anyone wishing further information regarding the various categories of membership in the society should write P.O. Box 12, Bethel, ME 04217-0012, or call 824-2908.

#### LOOKING BACK

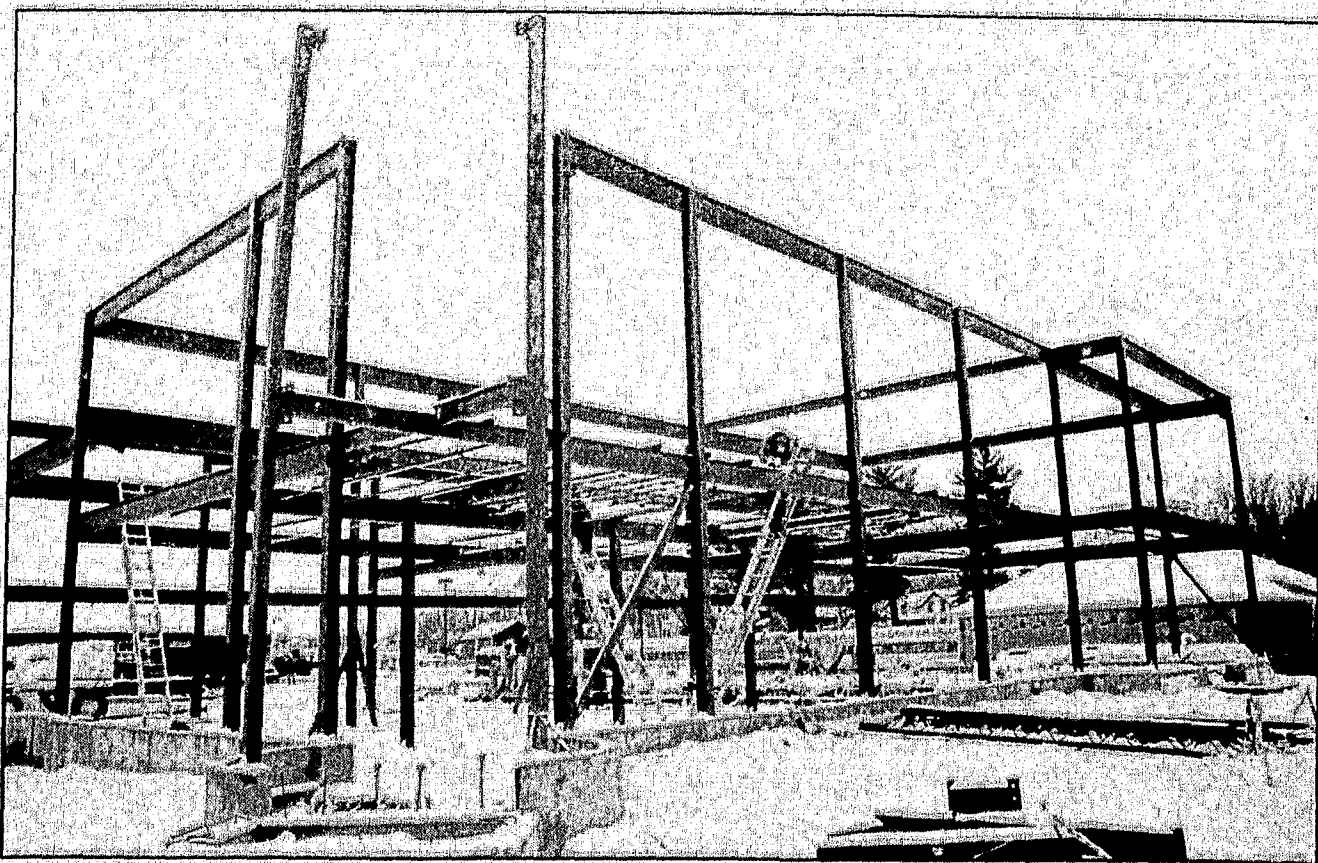
10 years ago: Former Bethel Inn manager Malcolm Jennings and his wife Elizabeth were found brutally murdered in their home in Jackson, N.H., located behind the Dana Place Inn, which was owned and managed by them. Bethel Inn announced a major expansion to begin in September 1985 with a conference center and indoor pool. The Blake farm in Bethel was one of the sites for which Boise Cascade of Portland received permission to spread sludge. Brian Hathaway was selected for McDonald's All-American Band. Death: Alberto Poland, Robyn DeNormandie.

20 years ago: John Gasser was appointed general manager of the Bethel Inn. John J. Willard, Jr., Ph.D., chemical and textile consultant, was awarded a position as senior research consultant in Ahmedabad, India, by the Industrial Development Organization of the United Nations. Marvin Kendall was promoted to the post of controller for Country Kitchen Bakeries. Birth: Melanie Stowell. Deaths: Yvonne Charlton, Roy Tripp.

30 years ago: Glen Langley of the Gould Academy Outing Club won the fifth annual Mel Jodrey ski race at Sunday River Skiway. The James W. Sowall Company's proposed comprehensive plan for the Town of Bethel was presented at the monthly meeting of the Greater Bethel Chamber of Commerce. Goodwin's Insurance, Norway, marked its 100th anniversary. Birth: Dana Danielson. Deaths: Arthur Gray, Odian Turner, Warren Brooks, Herbert Brown.

40 years ago: A consignment of material was made into pajamas and a large number of surgical dressings prepared for Togus Veterans Hospital by the Red Cross Service Committee under the direction of Bethel Branch Vice-Chair Faye Taylor. Cpl. Richard Littlefield received his honorable discharge at Fort Devens after 18 months' duty there and a year in Korea. Deaths: William Bean, Jesse Littlefield.

50 years ago: The trustees of the Bethel Methodist Church were completing preparations for the raising of \$550 for war relief and reconstruction. Gould Academy and Chadbourne buses transferred 48 passengers to Lewiston after a drive wheel came off an east-bound passenger train, causing broken steam pipes. Marriage: Phyllis Davis and Norman Dock. Deaths: Jennie Bosserman, Grace Stearns, Albert Park.



MOVIE HALL MOVING ALONG—The framework is almost complete for Bethel Station's Casablanca Building, which will house a four-screen movie theater, a restaurant and two condominiums. The building is expected to be ready for use near the first of May, according to developer Heine Merrill. The nearby train station (right) should be ready for use by March, Merrill said.

(Photo by Michael Daniels)

100th Centennial Celebration 1995

# The Bethel Citizen

P.O. Box 109 • Bethel, Maine 04217 • (207) 824-2444 • 800-9BC-NEWS

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Deadline for town news items is Saturday noon. Advertising deadlines: Display ads, Monday, noon; Classified ads, Monday 2 p.m.

The publisher reserves the right to reject, omit or edit any material offered for publication. © 1995 The Bethel Citizen.

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# Mason use

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and friends of the Society are the next monthly meeting on Thursday, evening room of the House, beginning this is the annual night, a video, "An-," a documentary American history in by Barbara Jordan, and discussed. All are cordially in-

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ers added to the lude: Theodore E. laska, Fla.; Ronald church, Va.; Arthur a, Alexandria, Va.; have opted to be- during 1994 in- Salt Lake City, and Grace Jackson, nm.; Mary Brent. Much appreciation II of the above for the Bethel Histori- one wishing further the various membership in the write P.O. Box 12, 217-0012, or call

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Glen Langley of demy Outing Club ual Mel Jodrey ski River Skiway. The all Company's pro- sive plan for the l was presented at ting of the Greater r of Commerce, surance, Norway, anniversary. Birth: n. Deaths: Arthur Turner, Warren Brown.

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The trustees of the list Church were arations for the for war relief and ould Academy and ses transferred 48 wison after a drive an east-bound pas- using broken steam Phyllis Davis and Death: Jennie Bos- tears, Albert Park.

## Briefly

### Term limits may be on warrant

WOODSTOCK--Marcel Polak of Woodstock has submitted a letter to selectmen asking that a warrant article be placed on the Town Meeting agenda asking voters to abolish five-year term limits for Planning Board members, according to Town Manager Vern Maxfield. A similar article has been soundly defeated at the past two Town Meetings. Before placing it on the warrant, Maxfield said, he will ask the Planning Board members if they have major objections to the article.

### Planners approve S. Arm subdivision

ANDOVER--The Planning Board approved final plans last week for a seven-lot subdivision on the South Arm Road. David Castonguay and other family members plan to construct seasonal dwellings on the property, with a shared right-of-way.

### SRSR gets high environmental marks

NEWRY--The Conservation Law Foundation has given Sunday River Ski Resort owner Les Otten high marks for his environmental record. The "green ranking" by Lewis Milford, senior attorney for CLR, who authored the study results, said Otten had so far dealt openly with "the environmental community in Vermont to address his company's (LBO Holding) projected takeover of Sugarbush, and supports that resort's efforts to improve river flows and invest in water efficiency." Milford also commended Sunday River in Newry for its transportation policies. He cited Otten's commitment to rail service to Sunday River, and Otten's proposals to increase rail service to Vermont resorts. Overall, Milford wrote that Sunday River's environmental record was "admirable." Killington, owned by SKI Ltd., received the harshest criticism, with Milford calling the resort the "epitome of an aggressively anti-environmental resort."

### NOVA mulls funding formula changes

RUMFORD--Representatives from the four school boards that send students to the Northern Oxford Vocation Area Region 9 met last week to discuss changing NOVA's funding formula. SAD44 has asked the NOVA board and towns to consider changing the way school districts' contribution to NOVA is calculated. SAD44 is objecting to a \$206,000 bill for sending 11 students to NOVA. One of the options discussed was changing NOVA from a region to a vocational center. If a center is created, the program would be governed by the district housing it. Other districts would tuition their students on a per-pupil basis. SAD44 chairman Margaret Hand suggested changing the formula so that school districts pay only for the students they send. Several other suggestions were also discussed and will be considered at the full NOVA board meeting scheduled for last night (Jan. 24).

### Candidates signing up in Andover

ANDOVER--Selectmen announced last week that there are two candidates for the three-year selectman's position -- Joseph Madigan and Gary Vaughn. Robert Greek and Mark Burlamachie have taken out papers for a one-year term on the board. Kellie Scotti is a candidate for the three-year school board position, and Shirley Gammon will seek the two-year treasurer's post.

### Bill seeks more truck inspections

AUGUSTA--A Westbrook legislator has proposed stopping all trucks passing through York on Interstate 95. Rep. William Lemko, D-Westbrook, wants all trucks on the interstate to be inspected by Maine State Police. Lemko said truckers know they can drive through Maine at night and not get stopped. He proposed adding 35 employees to the State Police's Commercial Vehicle Inspection Division. Troopers and other inspectors would weigh trucks, examine them for safety hazards, and check drivers' log books to make sure they have not exceeded driving limits. Parents Against Tired Truckers supports Lemko's bill, according to a group spokesman. The Maine Motor Transport Association, which represent more than 600 trucking companies, hasn't announced a position on the bill. An association spokesman said the money might be better spent on surprise inspections at different locations throughout the state.

### Man accused of attempted kidnap

RUMFORD--A Massachusetts man was arrested last week on a charge of attempting to kidnap a 16-year-old Rumford girl, according to police. Russell I. Carlson, 44, of Plymouth, Mass., is accused of trying to abduct the girl while she walked on Cumberland Street, police said. The girl told police she was alone when a pickup stopped in front of her and a man, police later identified as Carlson, offered her \$100 to perform sex acts with him. The man got out, grabbed her from behind and tried to force her into the vehicle, police say. The girl ran to a nearby convenience store and called police with the license plate number. She was not injured. Police found the truck on Rumford Avenue and two men inside were ordered out at gunpoint. The men told police they had taken Carlson to a residence in Mexico, where police went and arrested him. Carlson was booked at Oxford County Jail on a charge of attempted kidnapping and bail was set at \$2,500 cash.

### From the Bethel Police log:

#### Wanderer in Gilead; cruiser mystery mishap

Saturday evening police responded to a report of a man who had entered a Gilead woman's house, then crossed the road and got into a neighbor's car. When the officer arrived he assisted the "apparently intoxicated" man out of the car. But while the officer spoke to someone on the scene, the man got into another car. The man was also removed from that vehicle. The Bethel officer reported to an Oxford County Sheriff's Department deputy who was en route, and the deputy requested that the man be placed in custody and charged with criminal trespass. The man was later transferred to the custody of the deputy. Police are also warning Bethel residents that there is a \$82.50 fine for plowing snow onto a public way. State law reads that "a person may not place and allow to remain on a public way snow or slush that has not accumulated there naturally."

#### Saturday, Jan. 22

At 10:19 p.m., police were asked to notify a P.H. Chadbourne employee that his wife had been involved in a minor traffic accident in Norway.  
At 11:28 p.m., police notified a Big Apple employee that his daughter had been involved in a minor traffic accident in Hebron.  
During the evening, police responded to at least six reports of vehicles off the road. No damage or injuries were reported in any of the accidents.

#### Friday, Jan. 21

At 11:45 p.m., while an officer was in the Big Apple, a man came in and said the cruiser was in a ditch across the road. Police found the cruiser not running and "parked" in the ditch beside the railroad tracks. The cruiser was pushed out of the ditch. A local mechanic checked it out and could find no damage. Neither police nor the mechanic could come up with a reason why the cruiser moved, according to the report.

#### Thursday, Jan. 20

At 8:48 p.m., police responded to a report of a man running in the road near Brown's Mobil. The man appeared intoxicated and "very upset," the report said. The officer called Chief Dale Bellman for backup. Bellman talked to the man, who calmed down and was given a ride home, according to the report.

#### Wednesday, Jan. 19

At 1:17 a.m., police arrested and charged Brett J. Griffin, 23, of Bryant Pond for operating a motor vehicle under the influence of an intoxicant.  
At 3:10 p.m., a Bethel woman complained that her ex-roommate was opening her mail, and asked police to talk to the woman.  
This report highlights points of interest from the Bethel Police Department log, but does not include all reports of police activity.

## Chamber

Continued from page 1

or \$15 out of their dues and fees to belong to this group then I feel we should take a look at dues and fees. Maybe they have too much money. The Chamber of Commerce should be embarrassed to take money from this district. ... It's a total waste of taxpayers money."

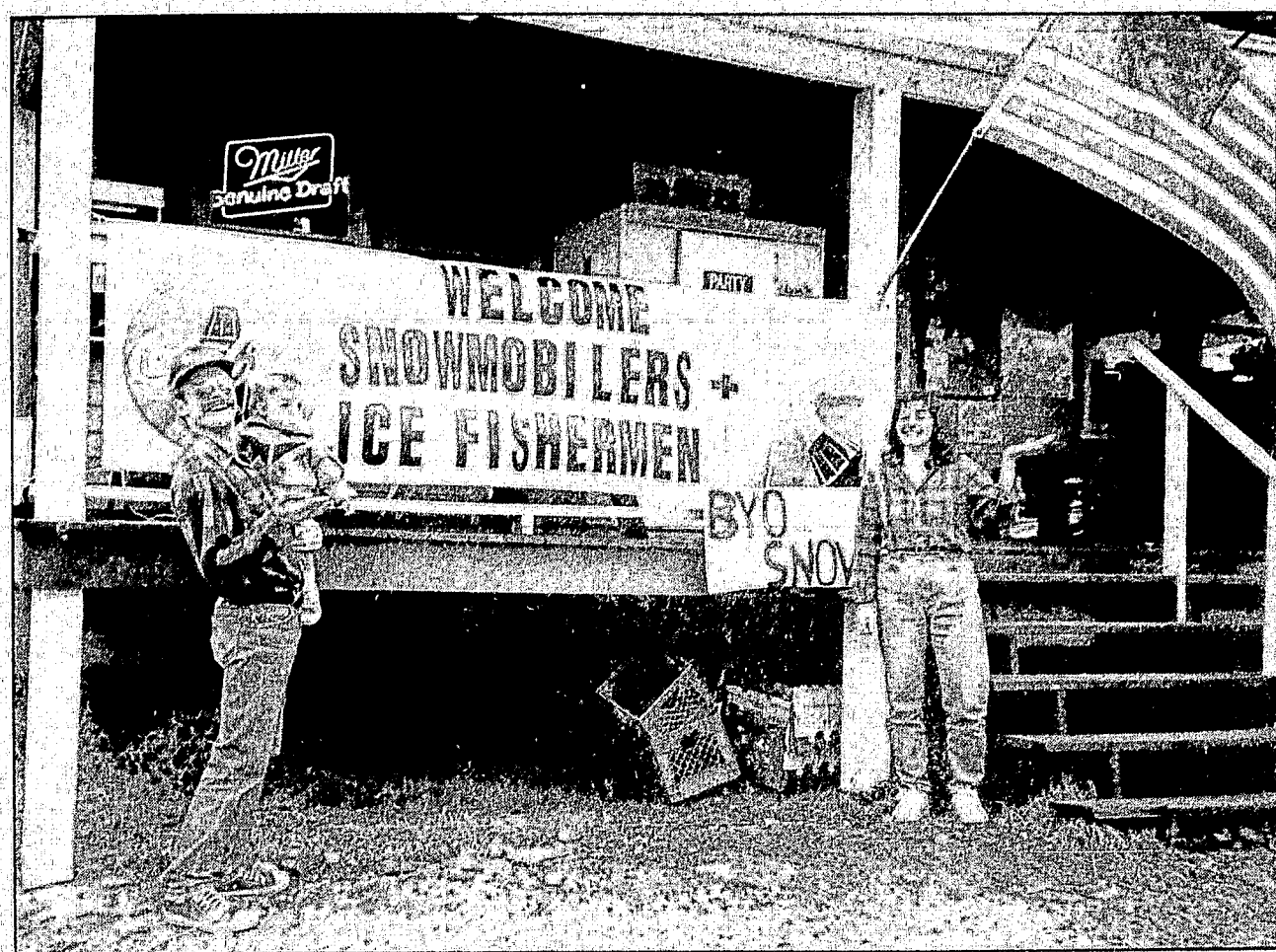
But other directors disagreed. Director Marcel Polak of Woodstock said he felt the board was trying to "micro-manage."

"If the administrators believe there's a benefit from belonging to the chamber," Polak said, "then we should stay out of it. The businesses support the district with their tax dollars. We go to businesses to raise money for soccer uniforms, or whatever, and this is a nominal contribution back."

Superintendent Ronald Jenkins said he had looked into acquiring a honorary membership, but was told if SAD44 didn't pay dues and fees then district employees wouldn't be eligible to serve on the chamber's Board of Directors.

Other directors spoke in support of the chamber, but discussion of the membership was cut short by a call to move the question. Eleven of the 16 directors present voted in favor of continued chamber membership.

Voting against the membership were Brown, Jane Rolfe, Wende Gray and Fran Head all of Bethel and Raymond Harrington of Greenwood.



B.Y.O. SNOW -- PLEASE. Jerry, Matthew and Amy Gelling of the Upton Trading Post looked in vain to the snow god last week. The past few days of flurries have left six or seven inches on the ground, which is an adequate base for snowmobiling, Amy said, but another six inches would certainly be welcome. (Photo by Vaughn Sawyer)

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### Ethel Bisbee tour

The SAD44 Buildings and Grounds Committee will tour the Ethel Bisbee School Wednesday at 7 p.m. to gather information on the use and condition of the building.

Some school directors have questioned whether the building, which houses Adult Education programs, should remain open. It has been suggested that courses held in the building could be moved to the Crescent Park School.

The committee will also meet to discuss their findings, according to committee chair Raymond Harrington.

The inspection and subsequent meeting are being held so buildings and grounds members can answer other directors' questions during the upcoming budget-building process, Harrington said.

### BOOKS • N • THINGS

Dear Friends & Neighbors,  
You will find the following books at The Bethel Library thanks to these people:  
"America Alive" from CPS 4th Grade in honor of their teacher, Bernice Cadigan; "Beethoven Lives Upstairs" from Bob & Linda Saunders; "Dance at Grandpa's" from Harold & Monique Rolfe in memory of Mrs. Mary Corkum; "Indian New England" from Dick and Sue Angevine in memory of Merwin Lary; "Old Mother, West Wind" in honor of Elizabeth Hartwolsman; "Perennial Gardening" from the Seashores; "Pigsty" in honor of Helen Cooper; "Remarkable Christmas of the Cobbler's Sons" in honor of Charlotte & Jack Brink; "Women's Bodies, Women's Wisdom" in gratitude from Fidelity F. Taylor; & "Year in the Maine Woods" in honor of Colin Penley.  
Thanks to all you real "Angels" for adding these wonderful books to the Library collection, for all to enjoy!

Hope to see you soon!

Jude, Peter, Jan & Beth

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GOULD SCHOLARSHIPS

Gould Academy recently noted local students who have been designated Maine Scholars. These are qualified students who receive financial aid grants from a number of named scholarships at the Academy.

The James D. and Consuelo Z. Alger Scholarship Fund was created for Maine students through a bequest from the late James D. Alger of Bethel.

General Alger was a member of the Gould Academy class of 1930 and a trustee of the Academy for many years. Students named as Alger Scholars for the 1994-95 school year are seniors Jessica Trundy of Rumford, Kendra Hutchinson and Marie Lowell of Bethel, juniors Darby Hickey of Bryant Pond and Hillary Harrison of Bethel, sophomore Amos Hausman-Rogers of Albany, and freshmen Rebecca Fraser and Elizabeth Kuzik of Bethel.

Senior Darren Wigley of Bethel is the recipient of the Edmond J. Vachon Scholarship for the current academic year, named in honor of Bethel resident Edmond J. Vachon. Vachon served as headmaster from 1958 until his retirement in 1968.

Parker Gray of Newry, a sophomore, was named as the Joe Roderick Scholar. The scholarship was established in honor of Richard J. "Joe" Roderick, director of physical education and coach of several sports at Gould Academy from 1942 to 1977.

Gould Academy grants scholarships to qualified applicants from throughout the United States.

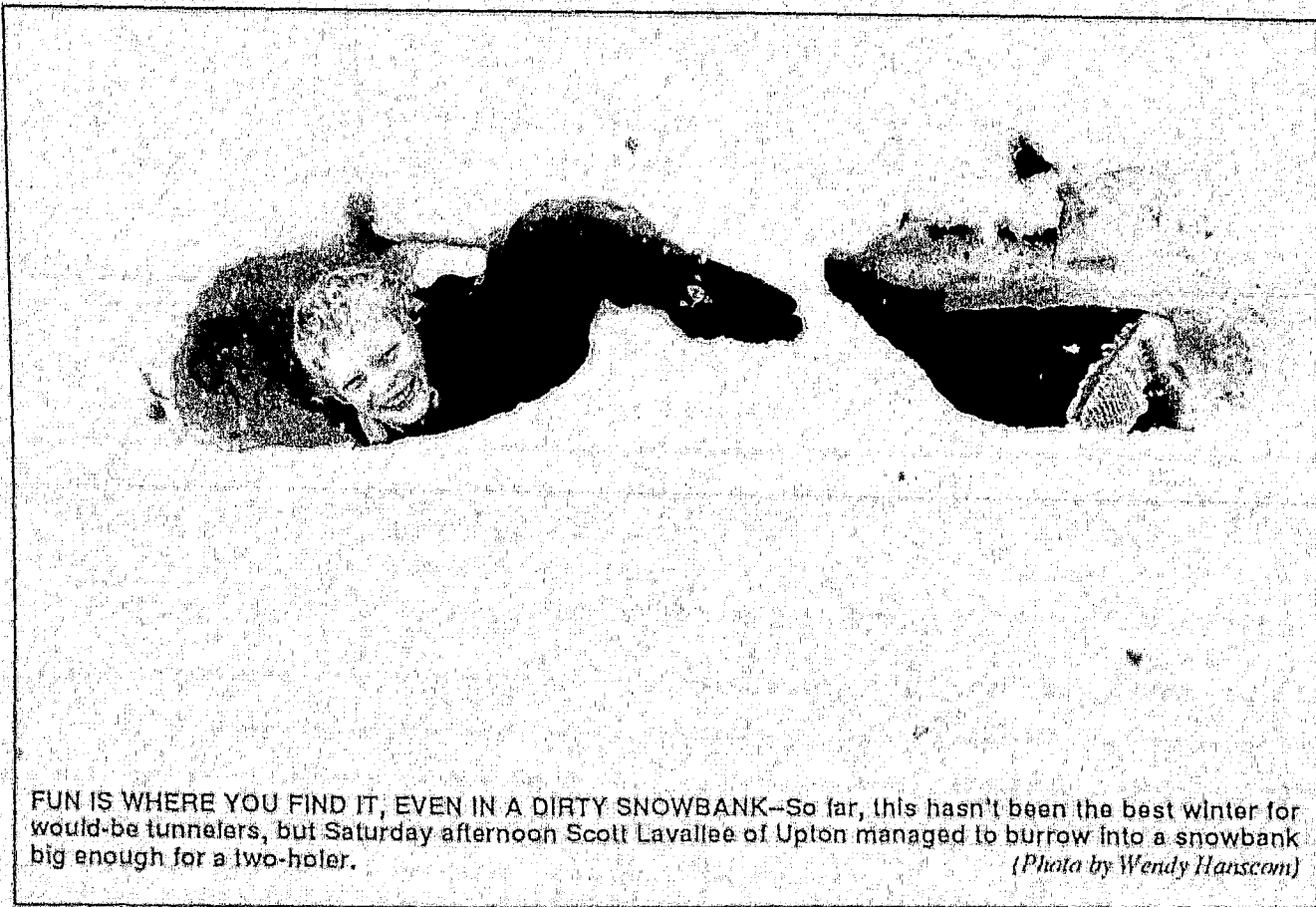


Margo Polak

POLAK RECEIVES DEGREE

Margo Polak of Washington was recently awarded an M.A. degree in education from the University of New Hampshire. She is currently employed as a teacher in the Dover School District.

Polak is a graduate of the University of Maine at Bethel and holds a B.S. in education from the University of New Hampshire.



FUN IS WHERE YOU FIND IT, EVEN IN A DIRTY SNOWBANK--So far, this hasn't been the best winter for would-be tunnelers, but Saturday afternoon Scott Lavallee of Upton managed to burrow into a snowbank big enough for a two-holer.

(Photo by Wendy Hanscom)

NOTES FROM

Adult Education

Upcoming Cabin Fever Specials featured by Adult Education in the Telstar Region include a seminar on Retirement Planning, a workshop on Financial Aid for College, and programs on Pasta-making, Herbs for Women's Health and Photography in Winter.

The retirement planning seminar will meet on Thursday, Feb. 2 and 9 from 5 to 9:30 p.m. at Telstar High School in Bethel. David Masterson of Farmington will be the instructor for Financial Strategies for Successful Retirement, covering ways of generating a steady income, protection of assets and minimizing taxes. The course provides participants with a step-by-step workbook and information on updated regulations. This is a perfect way to get your financial affairs in order. The fee is \$35 per person or \$40 for a couple.

A free financial aid workshop will be held on Wednesday, Feb. 1 from 6 to 8 p.m. at Telstar High School.

School, co-sponsored by Adult Education and the Maine Educational Opportunity Center. Linda Waltz is the presenter. She will present practical information on the process of applying for financial aid for high school seniors and for adults seeking to enter college. Free follow-up advice is available from the Maine Educational Opportunity Center.

Pasta-making is a cooking class taught by Catherine DiCocco featuring traditional and not-so-traditional sauces and toppings, with a multitude of tips, recipes and fun. The class will meet on Tuesday, Feb. 7 from 7 to 9 p.m. at Telstar. The fee is \$5 with a \$2 lab fee.

Herbs for women's health will be the topic of a seminar with Corinne Martin on Monday, Feb. 6 from 6:30 to 8:30 p.m. Topics to be included are nutritional patterns, zoning systems and herbs to deal with specific illnesses. The fee is \$5.

Photography in Winter is Tim Mills' annual mid-winter treat for photographers of all levels of experience with 35 mm. He will include changes in depth-of-field and composition to accommodate winter light and will share ideas for obtaining excellent results from photographic efforts. The class will meet in Thursday, Feb. 2 from 7 to 9 p.m. at Telstar. The fee is \$5.

To enroll in any of the Cabin Fever classes sponsored by Adult Education in the Telstar Region, call the office at 824-2780.

BETHEL BICENTENNIAL STEERING COMMITTEE

All those interested in serving on the steering committee for Bethel's Bicentennial Celebration are urged to attend an organizational meeting on Thursday, Jan. 26, 7:30 p.m. at Stan Hume's home, 18 Broad Street opposite the Bethel Inn. Please use driveway entrance.

Those unable to attend the meeting, but interested in participating in some way in the celebration, should call Stan Hume at 824-2291 or at the Bethel Historical Society at 824-2294.

Dohrmann to head local YMCA program

The Oxford Hills YMCA has hired Debra Dohrmann as their Bethel program coordinator. A resident of Bethel since 1980, she now owns "Kinderspiel," a kindergarten daycare center in the morning and coordinates the Y programs in the afternoons. Before that she was a teacher, coach and dormitory supervisor at Gould Academy for many years. Her husband still teaches there.

Dohrmann is also the co-chairman of the Maine Arts Council Board of Directors, a SAD44 School Board Director, a Sunday School teacher and on the education committee at her church. The mother of two has a B.A. degree from Stanford University in California. "We received applications from all over the country, and interviewed some very qualified candidates," said YMCA executive director Karen Christensen-Knowles said.

"Deb impressed us with her extensive experience, public relations skills, and community involvement. She's doing a fantastic job; she's organized, creative, friendly, innovative; we are very lucky to have her at the helm of our new program."

The YMCA began the new program with a schedule of 10 mini-classes over the holidays ranging from cooking, computers, and sports to newspaper reporting, storytime and clayworking. So far close to 200 children have participated in the Bethel programs, and the Y is planning on offering classes year-round.

"The response has been wonderful, and everyone has been supportive," Christensen-Knowles said. "We are filling a void in the community, providing a service to local children and provide employment to area residents. The instructors,



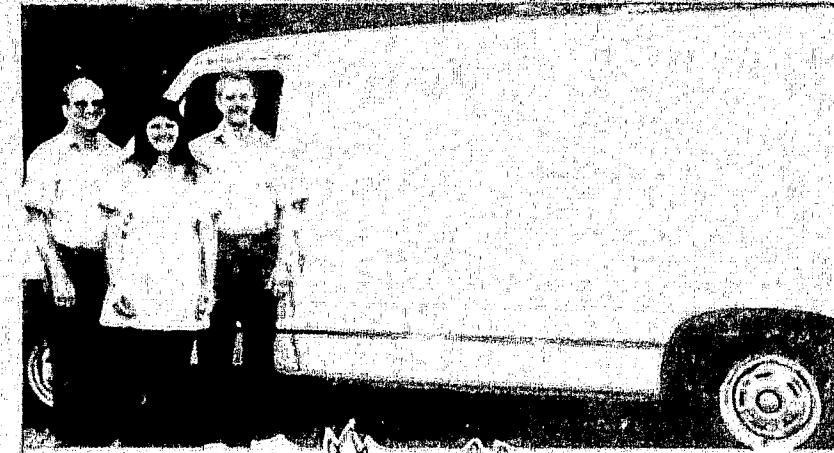
Debra Dohrmann

either teachers or community leaders all hired from the area, have been outstanding."

The YMCA will be sending out a community survey to Bethel parents to learn what their interests are for upcoming classes, and notices in the elementary school newsletter. "It's exciting to be a part of this new comprehensive YMCA program," said Dohrmann. The community has responded very quickly. There's a strong interest here. We're looking forward to an action-packed spring schedule which I'm planning now."

The YMCA is always looking for instructors to teach programs to children. Bethel area citizens are also welcome to call Dohrmann at 824-3194 or Christensen-Knowles at the YMCA at 743-7184 with program suggestions.

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## Gould J2 skiers among nation's best

The United States Ski Association released its first rankings of the 1994-95 season, and four Junior 2 alpine ski racers at Gould Academy burst into the top 50 in the United States in giant slalom.

Parker Gray of Newry, Dan LeBlanc of Plymouth, N.H., and E. J. Cheney of Bethel are ranked 17th, 22nd, and 36th, respectively, in the boys' J-2 category. Abby Lefebvre of Chester, N.H., is ranked 47th among the nation's J-2 girls.

Gould's director of skiing Tim LaVallee said that he was excited when he saw the rankings, but not surprised. "We have very good strength with this group of young skiers," he said. "We look forward to continued growth as the season moves on. I'm especially excited because these four are still in their first year of the J-2 category. They

have another season before moving up with the 17- and 18-year-old racers."

Another Gould racer, ninth-grader Eva Cardova of the Slovak Republic, would have been ranked 12th in the J-2 girls if she were a U.S. citizen. Cardova was recently named to the Slovak National Ski Team.

When ranked only among J-2 skiers from the East, the racers' positions jump even higher. Gray, LeBlanc and Cheney earned the 5th, 6th, and 7th spots, respectively, while Lefebvre took 15th. Had Cardova been from the East instead of Eastern Europe she would have been ranked third.

The United States Ski Association posts rankings of licensed competitors several times throughout the season. The J-2 category includes 15- and 16-year-old racers.



Kimberly Guinta

## LOCAL POET PUBLISHED IN NATIONAL ANTHOLOGY

Kimberly A. Guinta of West Roxbury, Mass., and Greenwood has just had original poetry published in "River of Dreams," a treasury of today's poetry compiled by The National Library of Poetry. The poem is entitled "The Snowflake."

Kim has been writing for five years and her favorite subjects and ideas are morality and Romanticism.

She is on the dean's list at Roger Williams University, Bristol, R.I. and is an elected member of the Student Senate, president of the Elizabethan Society, and a Peer Tutor at Roger Williams International Center.

She is the daughter of Mr. and Mrs. Michael J. Guinta of West Roxbury, Mass., and Greenwood. She is the granddaughter of Jean Mills of Bethel.

## MURCH REPORTS

Navy Lt.jg. Stacy R. Murch, son of James R. Murch of Waterford, recently reported for duty with Sea Control Squadron 24, Naval Air Station, Cecil Field, Fla.

He joined the Navy in May 1991. Murch is a 1991 graduate of the University of Maine, Orono, with a B.A. degree.

## ELEM. STUDENTS TO SEE "INDIAN IN THE CUPBOARD"

The Mahosue Arts Council with the support of the Maine Arts Commission will present the Actors Theatre of Maine performing "The Indian in the Cupboard" on Feb. 1 for SAD44 elementary schools.

Lynne Reid Bank's children's novel is about a young boy who places a three-inch Indian in a magical cupboard where it comes to life. It will be presented by the theater group and four students at each performance. The children will be guided through a carefully planned rehearsal/workshop before the play. Andover and Woodstock elementary students will view the play at 10 a.m. at the Crescent Park School. The performance for CPS students is scheduled for 12:45 p.m.

## TOLL-FREE TAX HELP

The Internal Revenue Service has extending the toll-free taxpayer assistance line, 1-800-829-1040, hours.

Taxpayers can now call Monday through Friday from 8:30 a.m. to 6:30 p.m. and on Saturdays from 9 a.m. to 4:30 p.m. The assistance line services Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont.

The extended hours pertain to telephone assistance only.

## School lunch menu

### WEEK OF JANUARY 30

#### SAD44 Breakfast Program

Monday: French toast, maple syrup, fruit juice, milk.

Tuesday: Homemade muffin, fruit juice, raisin cup, milk.

Wednesday: Cereal, graham crackers, p/butter, fruit juice, milk.

Thursday: Apple turnover, milk.

Friday: Cinnamon bun, raisin cup, fruit juice, milk.

#### SAD44 Lunch Program

Monday: Spaghetti w/meat sauce, green beans, dinner roll, sliced peaches.

Tuesday: Baked chicken, gravy, seasoned rice, carrots, Congo bar.

Wednesday: Pepperoni pizza, golden corn, applesauce.

Thursday: Baked beans, hot dog, cole slaw, dinner roll, apple crisp.

Friday: Chicken grill, hot baker's bun, carrot coins, mixed deserts.

## FOUR-WHEELER CLUB

On Jan. 31 at 7 p.m. there will be a meeting for anyone interested in forming a four-wheeler club.

The meeting will be held at the Telstar Lecture Room.

# School sports

## Boys basketball

### Gould 64, Hebron 43

Gould Academy men won 64-43 over Hebron on Thursday, Jan. 19, Shawn Morales netted 22 points, with Ian Cleary sinking 15.

### Kents Hill 50, Gould 43

Gould Academy lost Wednesday, Jan. 18, 50-43 to Kents Hill. Huskie Lanny Popoola was high scorer with 15 points, Shawn Morales had nine.

### TMS 38, Mt. Blue 33

The Telstar Middle School varsity basketball team upped its record to 6-4 last week with a 38-33 win over Mt. Blue. "It was a solid performance by the Rebels," said coach Jeff Kalman. The team has been improving steadily since the first of the season, Kalman said.

### Maranacook 59, TMS 18

Maranacook plowed over Telstar Middle School during the first half of the Jan. 14 game, with the Rebels falling behind 41-6 at the half. Telstar came back in the second half, holding Maranacook to just 18 points. But the Rebel offense couldn't recover from the first half deficit, and Telstar lost 59-18. "We worked on shutting down Maranacook's six-foot, five-inch center, a seventh-grader," said coach Jeff Philbrick. "We were able to do that holding him to just two points, but they were just too big, too quick and too deep."

Nathan Cheever was Rebel high scorer with six points. Will Seames had four. "I was very pleased with the kids' hustle and no-quit attitude," the coach said. "The improvement is there. As long as they believe in themselves, our luck will change."

### JV: Gould 30, Hebron 26

Gould Academy's JV team beat Hebron 30-26 on Thursday, Jan. 19. Nate Garlick was high scorer with 12 points.

### JV: Gould 46, Kents Hill 38

Christ Millett was Gould Academy JV high scorer in last Wednesday's game against Kents Hill. Millett had 14 points in the Huskie 46-38 win.

## Girls basketball

### Dirigo 72, Telstar 21

Telstar's varsity girls lost 72-21 to Dirigo Monday. "The girls played with the Cougars for about five minutes of the first quarter," said coach Ray Seames, "but the Cougars, who were a quicker team, used their bench depth to advantage early as they took over and never looked back."

Jana Mason was Rebel high scorer with seven points. Beth Howe and Sarah Richardson had six each.

### Jay 76, Telstar 22

Telstar's girls' basketball team was no match for Jay, losing 76-22 on Friday. Beth Howe was Rebel high scorer with 10 points. Howe also had three steals. Jana Mason grabbed eight rebounds.

## TAX SEMINAR OFFERED

A small business tax seminar will be held Feb. 8 at the County Extension Office, 133 Western Avenue, Auburn, from 9 to 12 a.m.

Representatives from SCORE, the IRS and the Maine State Sales Tax Division will present pertinent information for small businesses. The seminar is free and no preregistration is necessary. Call the IRS taxpayer education officer at 622-8328 for more information.

## Free ski day Sunday

Sunday River Ski Resort will hold a SAD44 Free Ski Day Sunday, Jan. 29. The offer is extended to all the residents of any SAD44 town, whether or not they have any association with the school district.

Sunday River will also offer free ski rentals and its Guaranteed Learn to Ski program. Youngsters under 18-years-old must have a parent or guardian sign for ski rentals. The Guaranteed Learn to Ski program is available to anyone 13-years-old or older.

Proof of area residency is required, and ticket vouchers are not transferable.

The remaining SAD44 Free Ski Days for this season are scheduled for Sunday, Feb. 26; Sunday, April 9, and Monday, April 17.

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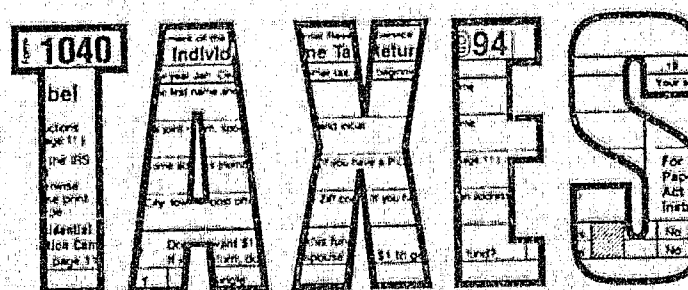
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## Strategy #4 - Take an exemption for a parent you help to support

If you're helping to support a parent, you may be entitled to a dependency exemption for that parent on your tax return. Each 1994 dependency exemption reduces your taxable income by \$2,450.

If you provided more than half the support of a parent in 1994, and that parent's gross income (not counting nontaxable income such as social security) was less than \$2,450, you may take the exemption on your return.

If you and your siblings together paid more than half the support of a parent, you can choose one of you to claim the exemption. This exemption can be passed to a different person each year.

If you have questions about what dependency exemptions you are entitled to take, contact us.

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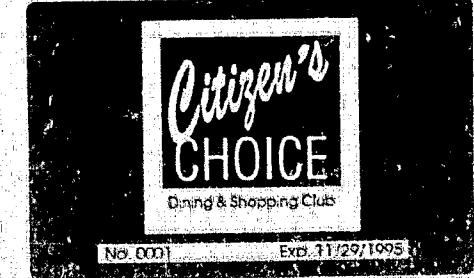


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# Andover



by Karen McKay

Local dog owners are reminded of the rabies clinic to be held Saturday, Jan. 28, at the fire station from 2-4 p.m. with Dr. Stuer of the Bethel Animal Hospital. Dog licenses will also be available at the clinic.

Sunday, Jan. 29, is a free ski day at the Sunday River Ski Area for SAD44 residents.

The Snow Valley Sno-Goes Snowmobile Club recently held a potluck dinner. The 50/50 raffle drawing was won by Bill Swan. Upcoming events planned include the Friday, Jan. 27, evening ride to Bunker Pond. Riders will meet at 6 p.m. at Mill's Market. The local 900 IBEW at Boise is providing a bonfire with hot dogs and hamburgers. A Polka Run is also planned for Saturday, Feb. 11. For more information contact Ken Jodrey at 392-2852 or Honey Cronin at 392-2081, new members welcome.

Congratulations to Andover Elementary School first-grader Kayla Mills, Student of the Week for Jan. 9-13. The APT have cookbooks available, the cookbook is a collection of students' illustrations. The cookbooks are available at the school for \$6 each.

Sherry and Jerry Cummings and children Emily, Douglas and Robert of Concord, N.H. were weekend visitors of her parents, Mr. and Mrs. Leon Akers.

Get well wishes to former East Andover resident Helena Goodwin. Cards and notes may be sent to Mrs. Goodwin at the following address: 57 Middle St., Mexico, Me., 04257.

Sympathy is extended to the Lang and Deane families for the death of William Lang. Mrs. Lang taught for many years at the elementary school. I remember her kindly as my first-grade teacher. I believe it was the class of 1967.

# Bryant Pond



by Alice Hoyt

Franklin Grange 124 met on Monday, Jan. 16, with a 6:30 potluck supper and meeting.

Fifteen members were present. The meeting was held in the Jr. Hall, as the wiring is being done upstairs. Several items were discussed at

length. Peggy Blake reported on the sick list. Program: opening thought, Bertha Benoit; opening song by all; history of the Grange in general, by Bertha Benoit; a candlelight ceremony around the altar by officers and members; Bertha gave a history of Franklin Grange -- It first met in 1875 in the Town Hall. They built their own hall in 1891. For many years they operated a store and did quite a business, being open only on Saturday. They sold groceries and clothes, which members purchased at a discount. There was a quiz on what Bertha had told about the history. Closing thought, by Bertha; closing song, by all. The next meeting will be Feb. 20 with a potluck supper. Each member is to bring a homemade valentine to be judged.

The Woodstock Historical Society Museum has many exhibits of interest to the public. First, antiques of all kinds abound. Furniture, glass, china, tins, costumes, quilts, tools, and old photos may be found there. Next, Woodstock memorabilia fills the building. There is everything from photos of people and places of a former era to the furniture of a local writer George Allan England. Then, there are cultural exhibits. There are oil paintings and prints, many literature books, and some musical instruments and photos of performers at Birch Villa, the summer music camp. Add to this a respectable research library, featuring local history written by Ruby Emery, and a small museum store and you have a versatile and interesting museum facility. The committees of the society are quite active. The society met on Saturday, Jan. 14. Larry Billings, curator, gave a report. An account of the 100th anniversary of Woodstock, printed in the Lewiston Daily Sun on Aug. 18, 1915, was read in part, and the paper was presented to the society. Over 3,000 people attended this celebration, the paper said. It was a day of grand parades, games, speeches, bean hole beans for dinner, a grand ball and fireworks. One thing that interested me was when President Lincoln called for men in the Civil War, seven men from little Woodstock were some of the first to answer his call. Woodstock sent over 100 men to the Civil War. I think this has always been the case with our town, as a great many men from here have served in every war the country has been involved in, with several losing their lives in the effort.

Sympathy is extended to the family of Victor Brooks. News has been received of the death of Sally Blackman. She and her husband Joe were former sum-

mer residents of Bryant Pond. Sympathy goes to their family.

The Extension Group met at the home of Barbara Hathaway on Wednesday, with 17 present. The lunch and meeting were on soups and salads -- very delicious. The next meeting, in February, will also be at Barbara's with a potluck lunch.

Elena Noyes showed a video on Maine lighthouses at the January meeting of the Woodstock Historical Society. Next month, February, the program will be "Is there a ghost in your house?" Basil Sequin will be the speaker. Mr. Sequin donated a history book to the society.

The Woodstock-Greenwood Senior Citizens will meet on Feb. 2 at the Town Annex. Please bring your own place setting, a dish to share and a game prize. A game party will be held in the afternoon.

Crystal Chase and Liza Chase called on their grandmother, Beatrice Farnum, Sunday.

A noon buffet lunch on Monday was planned by Evelyn T. Bean for the family and friends of Victor Brooks, after the funeral service. The ladies of the church assisted in food, and Marcia O'Neil helped serve at the luncheon.

# North Woodstock



by Shane Billings

This week has seen some very warm weather for Jan. 1, for one, have absolutely relished it. To think of walking outside without a jacket in this month is normally unheard of. But that's what we're doing here in North Woodstock.

Congratulations to Kevin Rosenberg, who has been accepted at Johnson State College in Johnson, Vt. I have also been accepted at a college, the University of Hartford in Hartford, Conn.

Joelle Silver has a new puppy. Sue reports that she has not thought of a name for it. I'm not sure what they're calling it, probably just "puppy" or "doggy." Joelle seems happy with the animal, and I'm sure brother Errol enjoys it as well.

I had a boring weekend. On Saturday, I went with my aunt Louise and grandmother Emma to visit Lee in the hospital. Other than that, I just did homework. Oh, I did go visit my grandmother Irene and my aunt Betsey. My mother, brother, sister, and I joined them for an exciting game of Nameburst. What fun; actually, it is a pretty good game and it is always nice to see my family.

I hope everyone is enjoying the warm weather. That's it from North Woodstock this week!

# North Newry



by Gil Seeley

Well... The "boo-boo" in the Glidden's Food-liner article in my last week's column was spelled wrong... I had written "bo-bo" a French word meaning a small mistake, but the typist (Polly Davis) added two more o's and changed the word to "boo-boo" which in English means "crying loudly." It's not my fault! It's amazing how a couple of added letters can make such a difference; please clarify this Polly! Hat

Melissa Straus of North Waterford spent the weekend of Jan. 14 with her grandparents, Sylvia and Bill Wight here in North Newry. Also, guests of the Wights were Alan Brown and friend from Brooks.

Bill and Owen Wight attended the Western Sno-Mobile Workshop in Brownfield last week.

Four members of the "Newry Bowling Gang" were at the Oxford Lanes in Rumford one day last week to bowl for fun: Karlene Bachelder, Gil Seeley, Sylvia Wight and Olive Anderson. Rena Powers and Jim Anderson were guests, some of the members are in Florida sunning themselves! On the overall scores, Gil was high on both the singles and triples. She had two strikes and one spare; Karlene had three spares. All went to lunch and did some shopping.

Cheers to Jennifer Bowie of North Newry who has enrolled as a freshman at Rensselaer Polytechnic Institute in Troy, N.Y. She is majoring in engineering. She is a member of the class of 19 something. Jennifer is the daughter of Susan Bowie.

Also, cheers for Parker Gray of Newry who did great in the Black Mountain slalom. Parker is a Gould Academy student.

On Jan. 15, a family party was held to celebrate John M. Wight's birthday.

Wendy Hanscom celebrated her birthday on Jan. 12.

Briefly -- The wonder plant -- One clove of garlic a day keeps the doctor away... It's good for fatty plaque formation inside the arteries, lower cholesterol, lower blood pressure, good for colds, coughs, sore throat, whooping coughs, worms, arthritis, snake bites, bee stings, scalds, sinus trouble, opens blood vessels to reduce blood pressure, cleans the stomach. It is and has been proven to be an antibiotic, it kills bacteria, and does not destroy the good flora. The Greeks, Egyptians and Russians called it their penicillin. It was used in the Middle Ages as a remedy. Of course, now it has mostly been discarded as an old fashioned remedy,

but it is still used by people who know the value of it. Garlic cleans the blood and may prevent cancer. (Garlic stops cancer in mice.) Garlic may also prevent polio... To keep garlic, strip the bulbs and put them in a jar, fill the jar with olive oil and keep near the stove and use one bulb in every meat and vegetable recipe with about two tsp. of oil. It was used during World War I and II. To kill the aroma on your breath just eat some parsley or chew some caraway seeds. Ask Sis Post; she knows all about garlic. Archie and she used to grow it in their garden when they lived near us in North Newry. Wishing you all good Health!

# Locke Mills



by Lorraine Mills

The Ryans were at the Greene's house this past weekend. Jason and Allison Good of Kennebunkport

joined Ben and Nick Ryan for lunch on Sunday, Jan. 15. Due to the uncooperative weather, the kids' race was called off, although Nick did come in third place the week before for the under six years and Allison came in third for the seven to nine years. The children are keeping their hopes up for more snow.

Donna Downs called me recently to let me know about Ted's progress following the stroke. She says that the biggest problem is communication. Until Feb. 3 he will be in the Rehab Unit of the Catholic Medical Center, 100 McGregor Street, Manchester, N.H. 03102. Where he will be after that is unknown at this point.

I called Vera Cross and she tells me that the biggest news she has is that she finally got to stay home most of the week. I guess a lot of us could echo that.

Debbie Brown and I were in Lewiston on Thursday. For once we didn't go into one pet store -- a record I think. We always like to check out the fish.

# East Stoneham



by Eleanor Nelson

Saturday, Jan. 14, Matthew Nelson and Joel Barker were among several Cub Scouts at the New Suncook School testing their race cars and getting ready for the Cub Scout Race Car Derby, which will take place there on Jan. 21.

Eric Nelson has been enjoying six weeks on vacation between semesters from Mt. Ida College in Newton, Mass.

Sunday, Dale Nelson took some Cub Scouts to tour the Norway Radio Station WOXO, also the Norway--Advertiser-Democrat newspaper business. The scouts

were earning a badge and having a good learning session.

On Monday night, there was a budget meeting to get articles ready and finalized for the Town Report.

On Tuesday, Mary Grover, Miriam Higgins and Betty Larson attended the Stephens Memorial Hospital annual luncheon and meeting, in Norway, to elect officers for the coming year. About 50 members were there.

Mary Grover attended Grandparents Day at the Chas. A. Snow School in Fryeburg, which Luke Jones (her grandson) attends. This is always an enjoyable program to attend.

The Stoneham Volunteer Firemen have been having work done on one of their fire trucks this week. One of them lost a high pressure and they're repacking the pump. Anton's Enterprise worked on it today.

Jan. 18 was Gladys Kilgore's birthday. She is 99 years old, and shame on me for not getting it in last week so she could have the wishes that day. Henrietta Lovejoy brought her a beautiful and luscious birthday cake which she shared with her many friends who came by to visit her. She had many pretty cards wishing her a Happy Birthday. How lucky we are to have a nice, warm home and many friends.

The big question is -- where is the snow? Jan. 18, and no snow except just a few patches around the green grass. The world sure is changing, isn't it?

Nancy Rogers and friend from Connecticut called on Eleanor Nelson Wednesday.

# Elderwood Manor



by Florence Hall

Gertrude Hutchins' son took her to Norway for a doctor's appointment on Friday.

Welcome to our new tenant, Mr. Duguay.

Florence and Gertrude went on the bus to Rumford on Wednesday and to the school for lunch on Thursday. Florence's nephew, Steve Hall, called her from Georgia Thursday night.

Thought for Today: Because it took so long for Florence to do simple tasks her mother used to say to her, "Lazy folk's work is done best when the sun is in the West."

# East Bethel



by Nancy Mercer

Lisa Haines will matriculate at the University of Maine at Farmington. She has been accepted for the fall semester.

Peggy Coolidge will celebrate a birthday on Jan. 29.

Alder River Grange will hold a meeting at Leslie Noyes' on Jan 27 at 7:30 p.m.

What a weird month this has been, weatherwise!

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**TAX NEWS**

From Patricia Dooen

**1995 Tax Rates**

Projected 1995 tax rates, exemption amounts, etc. are listed below. These are based on the Consumer Price Index for the 12-month period ending August 31, 1994. The IRS has until December 15, 1994 to release the official figures.

The standard deductions for 1995 are as follows:

Single	\$ 3,900
Married Filing Joint/Qualifying Widow(er)	6,550
Married Filing Separate	3,275
Head of Household	5,750
Dependents	650

Additional amounts for age or blindness:

Married	\$ 750
Single	950

Personal exemption amount for 1995 is \$2,500. The exemption amount is phased out for taxpayers with adjusted gross income in excess of the following amounts:

Single	\$114,700
Married Filing Joint	172,050
Married Filing Separate	86,025
Heads of Household	143,350

The threshold for the phaseout of itemized deductions is increased to an AGI of \$114,700.

The exclusion for interest on US Savings Bonds used for higher education is phased-out beginning at modified AGI levels of \$42,300 (\$63,450 for MFJ).

Single	Married Filing Joint	Married Filing Separate	Head of Household	Estates and Trusts
15% to \$23,350	15% to \$39,000	15% to \$19,500	15% to \$31,250	15% to \$1,550
28% to \$66,550	28% to \$94,250	28% to \$47,125	28% to \$80,750	28% to 3,700
31% to \$117,950	31% to \$143,600	31% to \$71,800	31% to \$130,800	31% to 5,600
36% to \$256,500	36% to \$256,500	36% to \$128,250	36% to \$256,500	36% to 7,650
39.6% over \$256,500	39.6% over \$256,500	39.6% over \$128,250	39.6% over \$256,500	39.6% over 7,650

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# West



approval of Richard Perh library. A qu printed for d meeting. Thi history of the tion on the livities. The meet on the month at 6 14 meeting presentation ley will be t can make materials wi Just a rem supper at the Building on 5 to 6:30 p. casseroles, c

# Songo



fifth birthd Bernie and enjoying the grandparents Gatchell; 1 Beulah Sta Brandon an Orchard Be Sheri, Tam Auburn. I w spend the ni and Norma hockey gan drive home. On Sunday her 11th refreshment fan. Attend children, K from Port Lewiston, N Sylvia and with Norma I may be don't remer uary weat Ground all old banks an Mr. and children of and Phyllis Laphams o Kimball a Waterford Bancrofts. Danny an a bald eas eating some middle o Wheeler's bird throu Paula said. We've n taken away

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## West Paris



by  
Miriam Inman

The trustees of the West Paris Public Library met on Jan. 11. Discussion involved the final approval of the brochure that Richard Perham has designed for the library. A quantity of them will be printed for distribution before town meeting. This contains a very brief history of the library and information on the Friends and their activities. The Friends of the Library meet on the second Tuesday of the month at 6 p.m. Following the Feb. 14 meeting there will be a craft presentation for everyone. Pat Makley will be the instructor. Attendees can make valentine gifts and materials will be provided.

Just a reminder about the public supper at the West Paris Historical Building on Saturday, Jan. 28, from 5 to 6:30 p.m. There will be beans, casseroles, cole slaw, rolls and pies.

## Songo Pond



by  
Alice Kimball

With Norma and David, I spent Saturday in Portland to help Kaitlyn Gatchell celebrate her

fifth birthday with her parents, Bernie and Kassie Gatchell. Others enjoying the occasion were her other grandparents, Bernard and Mary Gatchell; her great-grandmother, Beulah Staples of Bryant Pond; Brandon and Tara Salway of Old Orchard Beach; Mrs. Sylvia Swan, Sheri, Tami, and Christopher of Auburn. I went home with Sylvia to spend the night and next day, David and Norma attended the Pirates' hockey game, then a long, scary drive home.

On Sunday, Tami Swan celebrated her 11th birthday with games, refreshments, balloons and party fun. Attending were neighborhood children, Kassie and Kaitlyn Gatchell from Portland, Kim Lang of Lewiston, Norma Salway of Bethel, Sylvia and myself. I came home with Norma later.

I may be getting forgetful but I don't remember of ever having January weather like this month. Ground all bare -- except for a few old banks and shady places.

Mr. and Mrs. Lee Arsenault and children of South Paris visited Bill and Phyllis Bancroft and the Byron Laphams on Thursday. Mrs. Muriel Kimball and Mrs. Scribner of Waterford were also visitors of the Bancrofts.

Danny and Paula Wheeler spotted a bald eagle last week. He was eating something on the ice in the middle of Songo Pond. The Wheeler's got a good look at the bird through a strong telescope, Paula said.

We've never had it so good, nor taken away from us so fast.

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## South Woodstock



by  
Andrea Wing

Danielle Appleby started taking driver's training this week. Pete Appleby's dog

Murdock, a black and tan, contracted a virus and had to go to the vet in Bethel. He seems to be getting along ok now.

Carla Harlow, Danielle Appleby, Joshua Appleby, Stephanie Appleby, Melanie Ryerson and Casey Ryerson went ice skating at Ernie Nieberle pond on the back road last week. Pete Appleby gave most of them a ride to the pond where they all had a great time. The ice was frozen then, not like now.

Paul Benson, and I believe his wife, climbed Wildcat mountain, N.H., last week. Paul and his wife enjoy going on many hiking trips when they have a chance.

On Monday, I went to Lewiston for a light treatment for psoriasis. I was supposed to go Friday, but because of the icy weather decided to skip it. I took Sarah Hart to a doctor in Norway on Tuesday. There wasn't any school at Oxford Hills that afternoon.

Ellsworth Hathaway is back working at Will's Mill on Route 26 today. I haven't seen him going out lately. Hope he's feeling all right.

Harry Hutchinson was out walking his horses this week. With all the nice weather we've been having, I bet they were glad to get some exercise.

What beautiful weather we've been having, but I guess it's over with a sizable snowstorm scheduled for the weekend.

A birthday I missed for January is my nephew, Todd Poland. Another birthday on this Friday is George Burns; he will be 99 years young.

Larry Billings, curator, Woodstock Historical Society, reports that at the January meeting of the society Elena Noyes showed a film on Maine lighthouses. Committee reports were presented. Basil Sequin will speak at the next meeting. The committees of the society are very dedicated. They note that New England has many famous writers. Among them have been Hawthorne, Emerson, Thoreau, Longfellow, Frost, Millay and others. We should learn all we can about achievements of the past.

Their influence on our lives today is still considerable. Society members examine our heritage with interest.  
Quote of the Week: "I've learned that being a grandparent is God's compensation for growing older."

## Gilead



by  
Kathie Cole

This past weekend seemed more like January with the stormy weather. Continued from page The snow-covered trees were beautiful Sunday morning. The snowfall was a welcome sight after all the rain that fell.

Bronson Cole visited at his grandparents, John and Nancy Haines' on Tuesday and Wednesday. He also stayed overnight Thursday at his grandparents, Burton and Denise Cole in West Paris.

Brittany and Bronson Cole attended a birthday party for their friend Koral Saunders on Saturday afternoon at Richard and Nancy Saunders' in West Bethel. Koral turned two years old.

I will try to have more news for you next week. I hope everyone has a healthy week.

## Greenwood City



by  
Colista Morgan

A Tribute to John Betts -- Sooner or later as we pass along the rough road of life we have

to face up to the loss of somebody near and dear to us. The older we get the more such losses we have to bear.

When such a tragedy strikes, with most of us, I think the pain is deepened by shock, and we keep telling ourselves, "It is not so; it just is not so! It just couldn't happen to me. He was always here when needed."

John left us suddenly on Wednesday evening, Jan. 11, and will be missed by his family, friends and neighbors. He was one of the best of neighbors with his thoughtfulness and help. If someone asked a favor, John would never hesitate. There was always generosity, a willingness

to give. He never got so immersed in this work-a-day life that he forgot that the most important thing in all the world was kindness. He tried constantly to do things that would help others and make life easier for them.

He was a friend. What is a friend? A friend is a cherished and precious person; a closeness that grows through the years. I think a friend is one who warms and cheers my way, like a little lamp, and when I lose one the little lamp goes out.

With sadness we say goodbye. But, "They are not lost who find the light of sun, stars and God."

David, Sally and Mary were at the Holt Farm on Sunday, and Ann and I joined them after church.

As I write this, it's raining, there is fog and the temperature feels like an April day, but it's Jan. 16.

Dorothy Betts had her two sons and her daughter and their families at her home on Saturday, also John's brother Leland. Some stayed over Sunday.

Marian Pulsifer had surgery on her wrist this week. She is at home and doing well.

## Upton



by  
Arline Bernier

The Budget meeting was held at the Town Office on Thursday. Two of the selectmen were

present with the bookkeeper. The budget increase will be 10 percent to 12 percent, depending upon the school budget not yet finalized. After the budget had been worked through, the two selectmen continued work on the Town Report.

The weather is strange. We fear that flowers and other perennials, such as strawberries, will think it spring and start sprouting only to be killed when winter returns and not be responsive to the real spring.

Ring around the roses/A pocket full of posies/Ashes, ashes, we all fall down. This little poem, which was a children's game with words for me until I learned its origin, came to mind when I read Steve's letter last week.

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## High Street



West Paris  
by  
Russell Yates

Howdy, folks.

Another week has passed us by and it's time for another detailed report of our

doings for the past week. On Monday, Peggy did her card work at Rite Aid Drug Stores in South Paris and Bridgton for the last time; she has not been feeling well and decided to retire from her work.

We both had appointments in the afternoon on Monday, mine was for a blood test and Peggy's was with her doctor.

While we were down street, we returned the damaged filing cabinet in exchange for another, and I insisted on seeing the new one before hauling it home.

While we were at the hospital Tuesday afternoon, we saw Grace and Otis Evans from Oxford. I'm sure many of you good folks out there knew them; they were residents of Bryant Pond for many years.

We bought Megabucks while in town and it helped increase those millions of dollars that others won. I thought sure I had the lucky numbers.

It was super cold here Wednesday morning, but much colder in some other places. Loretta and Emerson Merrill of West Bethel visited us Thursday morning. Emerson cleaned out some of the new snow with my snowblower while Loretta visited with her mother.

Peggy's two out-of-state daughters, Kay Blossie of Florida and Myrna White of Arizona, phoned Friday forenoon. Our home visitors were Rusty Merrill, Peggy's grandson from Naples, and Laura Hutchins and Amanda Cobb from East Andover came later in the day and stayed for supper.

Barbara Stevens of Middle Intervale Road, Bethel, called on us Saturday forenoon. We enjoy her visits; there is never a dull moment when both Barbara and Loretta Merrill are around. Barbara came bearing gifts, and we like to see that kind of people. We have tried the moose

hamburg and enjoyed it very much. Loretta visited again on Sunday afternoon.

Raymond and Impi Mack attended a birthday party for a friend in Turner one day last week.

There will be a dance at the Locke Mills Town Hall on Jan. 28, with music furnished by the Richard Felt Orchestra. West Paris Grange will host the dances on the first and second Saturdays of February.

Oxford Pomona Grange will meet at Oxford Grange Hall on Feb. 7. A 6:30 supper will precede the meeting.

The Feb. 2 meeting of West Paris Grange will be held at the home of Earl and Amy Andrews, Allen Hill Road, Oxford.

## West Bethel



by  
Constance Broadbent

Dear Rachel, You've been on my mind a great deal lately...ever since Christmas day when I

rocked you in my arms and felt the memory-jogging warmth of your marvelously tiny body. I moved you to an ancient rhythm of comfortable back and forths, and was once again awestruck by the miracle by which we creatures of the greater orb replicate ourselves, and by the innate trust with which you, our creations dare to issue forth.

Your birth, dear cherished girl-child, though premature by a week or two, catching your not-quite-prepared, first-time mother a bit off guard, was nonetheless a timely gift and a great joy to that ever-so-slightly frazzled neo-nurturer. In her relative solitude she had chosen you, and in your universal wisdom you

See WEST BETHEL, page 8

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# West Bethel

Continued from page 7

decided to arrive in time for Christmas. And those of us who were lucky enough to be in the neighborhood were lucky enough to stroke your five-day-old brow and gently caress your inch-long fingers, while that aforementioned "slightly frazzled" one worked at rearranging her pillows in search of a comfortable cradle for her birth-wearied body.

While she, your timid mother bustled herself with that task, and Sarah Jayne, your mother's friend and my new daughter tidied up the kitchen and readied your mom's meal-on-wheels (courtesy of our plump turkey), I got to hold you and cuddle you and "bizzji" you to dreamland with an ease of nature that belied the thirty odd years between you and my last baby. (If Donald's mother, Mary Bearice, the

personification of unconditional love, were still alive, you could ask her of the origin of her "bizzji-ing"...but she "requisite" in her well deserved "pace", so you can't, and you get to take my word for it that "bizzji" is good and magical, and has been alive to thousands before you.)... Those ancient lessons of nurturing just seem to remain delightfully dormant and ready for instant recall!

Our visit was brief; your mother needed rest. But it was long enough for me to be sensitized once again to the importance of reaching out. The lesson is a good one...you'll be learning it soon, I'm sure. You'll hear of the givers and the takers, and no doubt you'll learn to be a giver. You'll hear of the need to be good to others and in the being, you'll hope that others are good to you...and someday, if you're lucky, you'll discover that nothing more than that really matters.

As you grow in wisdom, you'll

discover the dilemma of the differences that simultaneously bind us and separate us... the "us" in this instance being the global family, the inhabitants of everybody's "larger picture". As you continue to osmose at the feet of your very own oracle, perhaps you will be the one to take up the baton of the freedoms that we your elders can't seem to sustain. Perhaps you, like Phidippides, will carry said baton from Marathon to Athens and then on to other roads less traveled...and if the world hasn't bled to death by the time you get the message delivered, perhaps you and your brothers and sisters will have the pleasure of walking the byways free of the fear of the killer Uzis and the killer "oozes" and the killer apathies.

Meanwhile, dear neonate, we of the pastoral persuasion will continue to revel in the rivers and the fields and the mountains that uphold our lives. We will traverse the hills and the flat roads of our own Bethel-ehem with our own personal bucolic batons in hand, reaching out to the hands around us, every hopeful that somewhere among the rattle and the horses, the sheep and the newborn dogs, we will find the sparks of understanding and the seeds of hope

that are prerequisites to growth on any plane or plain, whichever the case may be.

We will plant our seeds of sensitivity as we gather for communion or Canasta. We will pray for recovery or for release from confinement as we share our breads and our broodings with the sick and injured. We will engage in hopeful and meaningful conversations with our sisters and brothers who pursue their personal freedoms, as we quilt our quilts, knit our dishcloths, paint our borders, or gather in small groups for basket and plastic and myriad houseware demos.

We will assemble in our grange hall and in our church hall in our quest for belonging and that sense of sharing that comes of being there for each other, teaching each other, taking care to lend a hand or an arm when one of us falters. We will continue, for now, to shop in the store where the prices are disproportionate and the doors don't even open without a shove...to break our fasts in smoky, odiferous settings, in pursuit of that aforementioned fellowship, and assuaged by the confidence that someday soon, in a place close to home, there will be an alternative to the acid ambience.

We will continue to be awed by the wonders of nature, as we watch from our hilly nest, the flocking and

swooping of hundreds of faded-to-green goldfinches, the gentle flitting of dozens of juncos, the quiet return of the avaricious grosbeaks, and the oh-so-timely reappearance of one, yes only one, female cardinal, dubbed last season, The Widow Cardinal!

We will smile and wave to the big brown dog who takes his mistresses for long walks on warm winter days, and we will weave around the equine effluence as we prance along the undulating macadam of the road called "Flat", happy to share the space with the newcomers whose stable is nestled under the nearby mountain.

As we continue our existence in this peaceable kingdom, dear little newcomer to the city, we will think of you and your mother, and will send good wishes by way of Old Mother West Wind, should she deign to travel in a southerly direction for that specific purpose. Meanwhile, take good care of your new mother...learn your lessons well...cherish the notion that you were chosen and that you are loved...grow quickly into a messenger for your medium...pass the torch every so often, when you are in need of a nap or a bit of sustenance, but always take it back so that you may carry on the work. And should you be inclined to add to your burden the task of enlightening the masses, you

could begin with the lesson that "medium" (in the sense of message deliverer, as in television, newspapers, radio, etc.) is singular and takes the singular of the verb "to be"...hence...representatives of the media are reporting today on the earthquakes and other catastrophes...or, "The medium of radio has changed the way a population receives its information." If you have even a modicum of success with that one, let me know, and I'll give you another assignment...perhaps getting folks to delete the "more" from their usage of "more perfect"...or reaching for agreement of noun and verb as in, "...each of the children is responsible for his or her own work"...or the ever popular, "tell me your story in twenty-five words or fewer!" You'll soon discover that once you have satisfied your basic needs of food, clothing, and shelter, these are the matters of importance!

Welcome once again to this orb of awe, little Rachel. Hug your mother and your "Aunt" Jayne for me. And if you can wait till I finish the quillow for the next raffle (this time in greens and pinks), I'll whip up one for you to nap under...it will probably be done with the color purple unless you have a preference.

We'll talk as soon as you learn how.

Love,  
C.B.

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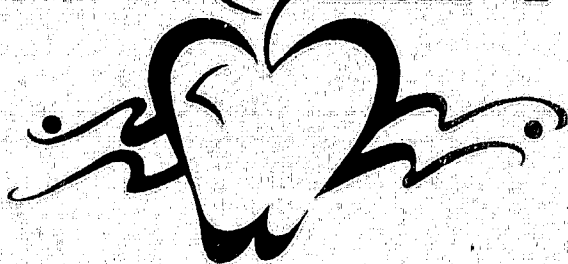
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# HEALTHY LIVING



## Hearing and Children

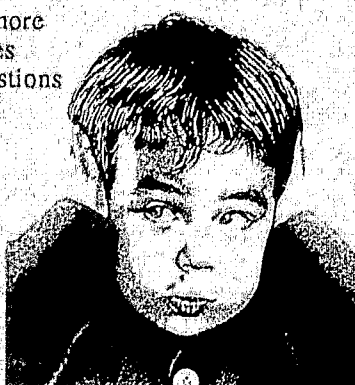
by: Lynn Sparkes; Sparkes Hearing Services

Good hearing is essential to the social and intellectual development of infants and young children. Audiologists test hearing and identify hearing loss in children of any age. This includes newborn and infant hearing screening and hearing tests with young children. Early detection of hearing loss is very important. Observation of children at home and in school can detect hearing problems from the start.

### Behaviors that may identify a child with a minimal hearing loss:

1. Inattentive, seems to intentionally ignore
2. Seems bored with classroom activities
3. Fails to respond appropriately to questions
4. Slow to respond or "catch on"
5. Frequent requests to have words, directions or assignments repeated.
6. Frowning or straining when listening or addressed
7. Tired or easily fatigued
8. Failure to participate in classroom discussions
9. Confusion in direction or source of sound, not sure who has spoken
10. Irritable, timid, withdrawn
11. Increased activity level, inability to sit still
12. More easily frustrated or upset
13. Complaints of not feeling well, pain, itching, tenderness around or in ear, discharge with an odor, complains of hearing noises.

If you suspect a hearing loss in your child, contact your Doctor, ENT Specialist or Audiologist.



## The Challenge of Stress

by Dan Hart, Licensed Professional Counselor

Stress is an unavoidable fact of life. Generally, it is pressure from the outside, external situations, that can make you feel tense inside. Yet, many of us create pressure from the inside that make us feel tense, anxious or depressed. Certain kinds of stress are actually helpful - they keep you on your toes. But too much stress on your mind and body can make you miserable -- worried, sad and ill.

One of the main causes of stress is change, especially sudden or disagreeable change. Too many or too drastic changes often result in harmful tension.

• **Personal Loss:** Death of a loved one, loss of friends when moving, separation or divorce - all can cause depression.

• **Job Changes:** Trouble at work, getting fired, or taking a new job may result in anxiety.

• **Money Problems:** Budget troubles, large debts, loss of income, etc., can create stress for the whole family.

• **Illness/Injury:** A major illness or accidental injury puts great stress on both patient and family.

• **Change in life-style:** Marriage, sudden financial gain or a big promotion is a happy even - but can create anxiety.

• **Family Changes:** Changes at home caused by pregnancy, family responsibilities, etc. can cause mood disorders.

• **Retirement:** Enforced leisure and reduced income may combine to cause trouble.

### Managing Stress

Stress management is a juggling act; most people can handle one or two sources of stress well, perhaps even three. Effectively coping with stress can cause an exhilaration known as EUSTRESS. But when there are too many stressors, or they continue for too long, you can begin to experience DISTRESS.

Extended periods of distress leave you vulnerable to infection, physical illness and disease. Mental and Physical Health experts estimate that 50-80% of all physical illness is stress-related. In fact, stress is the #1 health problem among Americans age 20-65. Stress affects body metabolism in much the same way as physical exertion - with rapid heart-beat, rising blood pressure and shortness of breath. Under chronic stress, these reactions can cause high blood pressure, ulcers, elevated cholesterol levels, and heart disease.



### Ways to Cope:

- **Get off to a good start each day with a healthy breakfast:** Avoid a mid morning slump.
- **Limit coffee and tea:** Too much caffeine can result in lowering one's threshold for stress.
- **Manage your time effectively:** Prioritize each day's tasks and goals into stacks labeled A (vital), B (important) and C (less important). Do the A pile first, though it may be tempting or easier to do the B and C tasks. Eventually you will be less stressed in taking care of vital tasks.
- **See your Physician:** A check-up is always important - especially if you are busy.
- **Talk it Over:** When tensions build, discuss the problem with a close friend or with the people involved.
- **Exercise:** Any favorite sport or activity will help you let off steam and work out stress. It increases your energy and improves your outlook.
- **Take a break:** A change of pace gives you a new outlook on old problems.
- **Learn to Relax:** Everyone can teach oneself to relax. A few minutes of peace and quiet everyday makes a difference.
- **Be realistic:** Expecting too much of oneself can get tense if things don't work out. Set practical goals and expect to be successful.
- **Avoid Stress:** Whenever possible, plan to avoid too many big changes at the same time.
- **Maintain Your Sense of Humor.**

## The Common Cold

brought to you by:  
Preb's Market Place Pharmacy

Each winter, millions of people suffer from the unpleasant effects of "colds".

Despite popular opinion, you do not get colds from sitting in a draft, getting wet feet or staying outside too long in bad weather.

The common cold is a viral infection which is found in the respiratory system (the nose, throat and lungs).

Colds can last for just a few days or as long as a couple of weeks.

Colds are spread through the air or by contact with hands.

You can help keep your cold from spreading to others if you are careful to cover your mouth when you sneeze or cough.

Colds are spread when a healthy person makes hand contact with a sick person or touches contaminated objects, such as doorknobs.

One of the best ways to reduce your risk of catching a cold or spreading colds to others is to wash your hands frequently.

There is no "cure" for the common cold. The best way to treat your cold is rest, drink plenty of liquids, and take proper medication to relieve your cold or cough symptoms. Your pharmacist or doctor can recommend the best medicine for you.

Remember a cough can be serious. If your cough lasts longer than 10 days or is accompanied by a fever of 102 degrees or higher for more than three days, see your doctor.

## Periodontal Disease

By: Ann M. Henricks, R.D.H.

Most people don't realize how common periodontal disease (gum disease) is. Statistics show that 75% of adults have some form of the disease. It usually goes undetected since it doesn't cause any pain, therefore early detection and treatment are extremely important.

Periodontal disease is caused by a film of bacteria that surround the teeth. It can happen at any age, but it's most common among adults. In its early stage (gingivitis) it may cause the gums to become red, swollen and to bleed easily. In its advanced stage, the bone and soft tissues are destroyed which may cause the tooth to become loose, fall out, or possibly need to be removed by a dentist.

There are a number of signs that may alert you of the gum disease. If you notice any signs, contact your dentist. *Gums that bleed when brushing or flossing, red or swollen or tender gums; gums that have receded from teeth; plus between the teeth and gums, and loose or shifting teeth.*

There are certain times when gum disease is more likely to occur. It's commonly caused by hormonal changes during the teen years and pregnancy. Lifestyle and health problems can also increase during the teen years and pregnancy. Lifestyle and health problems can also increase the risk by interfering with the body's immune system. (i.e. - diet, stress, smoking & tobacco use). Leukemia, diabetes or AIDS can also increase the risk because the body's immune system doesn't function properly. Poor brushing and flossing habits also play a role in susceptibility.

Except in rare cases, gum disease can be prevented. Through daily brushing and flossing, eating a balanced diet, and regular visits to your dentist or hygienist, gum disease is preventable. Your dentist or hygienist can give you tips and recommend a personalized homecare program to meet your specific needs.

Fifth Annual  
Women's Health Conference  
MARCH 25, 1995  
Bethel Area Health Center  
Details in next month's issue

## MedX Back and Neck Extension Machines

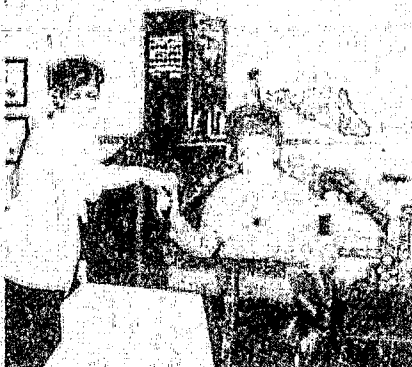
by Dr. Stephen J. Garbarini, Spinex Back & Neck Testing & Strengthening Center

### What is MedX?

In the world of high tech, MedX stands alone. This computerized system provides accurate measurements of neck and lower back strength. Once weaknesses are identified the MedX units are capable of rapid, effective and safe rehabilitation.

### Why is MedX needed?

- To reduce Back Pain, Neck Pain, Headaches
- To Rehabilitate Sports and Work Injuries of the Back and Neck
- To Reduce the Chances of Re-injury
- To Reduce the Estimated 200,000 Surgical Procedures Performed Every Year
- To Provide Objective Documentation for Insurance and Legal Purposes
- To Reduce the Effects that these conditions have on our economy (lower back pain is considered to be the most expensive non-life threatening problem in medicine today - estimates of total cost vary from 40 to 80 billion dollars per year.)
- **Most Important** - Reducing Pain Increases the Quality of our Daily Lives

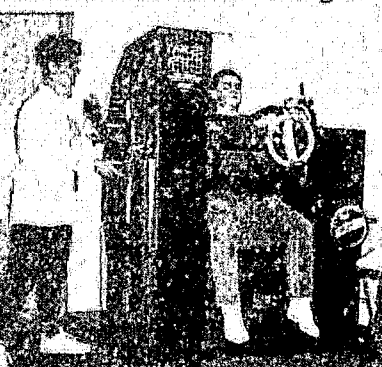


### How Does it Work?

The MedX systems are computerized to allow for specific measurements of muscle strength. The design allows for complete isolation of the muscles to be tested or exercised. Tests are performed isometrically to allow for safe measurement without endangering damaged tissue. Exercise is performed isotonically through the patient's tolerated range of motion. The first evaluation for diagnostic purposes is the work capacity test. It involves assessment of fresh isometric strength, isometric exercise to fatigue, and exhausted isometric strength reassessment. The work capacity test takes approximately 45 minutes to perform, followed by 15 minutes of cool down therapy. A typical rehab session takes 30 minutes and is also followed by cool down treatment.

### Can You Benefit?

Pain indicates something is wrong. All too often pain can also be a sign of muscle weakness. Lower back and neck conditions of any magnitude require strength testing to determine if muscle weakness is a causative factor. MedX provides the necessary objective measurements of neck and lower back muscle strength.



### Common Conditions Treated with MedX:

- 1) Chronic low back pain
- 2) Chronic neck pain
- 3) Headaches
- 4) Neck or back pain secondary to trauma
- 5) Patients recovering from spinal surgery
- 6) Persons desiring a strengthening program to reduce the risk of low back or neck injury
- 7) Cervical or lumbar disc injuries
- 8) Sciatic pain
- 9) Degenerative arthritis

American Heart  
Association  
Fighting Heart Disease  
and Stroke

## Help Your Heart Recipes

This recipe is intended to be part of an overall healthful eating plan. Total fat intake should be less than 30 percent of your total calories for a day -- not for each food or recipe.

### Fruit Muffins

Vegetable oil spray	Egg substitute equivalent to 1 egg
2 cups sifted all-purpose flour	1 1/2 cups skim milk
3 teaspoons baking powder	1/2 cup raisins, chopped
2 tablespoons sugar	1/2 cup dates or blueberries.
1 teaspoon salt	
1/2 cup acceptable vegetable oil	

Preheat oven to 425° F. Lightly spray muffin tins with vegetable oil.

Sift dry ingredients together into a large bowl. Make a well in the center. Pour oil, egg substitute and milk into the well all at once. Stir just enough to dampen the flour. Batter should be lumpy. Add raisins, chopped dates or blueberries to the batter.

Fill prepared muffin tins full with batter. Bake 20 to 25 minutes, or until toothpick inserted in center comes out clean. Serves 12; 1 muffin per serving

### Nutrient Analysis per Serving

162 kcal Calories	0 mg Cholesterol	1 gm Saturated Fat
4 gm Protein	276 mg Sodium	4 gm Polyunsaturated Fat
23 gm Carbohydrate	6 gm Total Fat	1 gm Monounsaturated Fat

This Help Your Heart Recipe is from the American Heart Association Cookbook, Fifth Edition. American Heart Association. Published by Times Books, a Division of Random House, Inc. 1973, 1975, 1979, 1984, 1991.

## HEALTH CARE PROVIDERS

### Aerobic Exercise

at The Bethel Area Health Center  
Railroad Street, Bethel  
Call Lee at 824-4631 for information

### Chiropractic Care

Dr. Joseph DeMarco, Chiropractor  
Main Street, Bethel  
824-3899

Rumford Chiropractic Center,  
Dr. Stephen Garbarini, D.C.  
Dr. Mark J. Wasowski, D.C.  
364-7931

### Counseling

Self Directions  
Dan Hart, LPC  
15 Chapman St., Bethel • 824-3217

### Dentistry

Dr. John R. Mason, DDS  
Northwest Bethel Road, Bethel  
824-3378

### Eyecare

Dr. Lennie Shaw, O.D.  
Lower Main Street, Bethel  
824-2227

### Eyewear

Pro Vision Centers  
150 Main St., S. Paris • 743-6577  
Auburn Mall, Auburn • 783-1394

### Health Centers

Bethel Area Health Center  
Railroad St., Bethel  
824-2193 or 1-800-287-2292

Swift River Health Care  
191 Lincoln Ave., Rumford  
369-0146

### Health Clubs

Bethel Inn & Country Club  
On the Common, Bethel  
824-2175

The Fitness Center  
Rumford Community Hospital  
420 Franklin Street, Rumford  
364-4581 • OPEN Mon-Sat  
The Fitness Place  
17 Olson Road, Off Rt. 26  
South Paris • 743-9242

Madison Health & Fitness Club  
Open 8 a.m. - 9:30 p.m. daily  
Rt. 2, Rumford • 364-7973

### Health Food

Fare Share Coop  
Tannery Street, Norway  
743-9044

The Good Food Store  
212 Mayville Rd, Bethel  
824-3754

### Hearing Specialists

Beltone Hearing Center of Maine  
108 Main Street, Norway  
743-8747  
Sparkes Hearing Services  
23 Front Street, Farmington  
778-9545

### Home Health Care

Nurses House Call  
8A Franklin St., Farmington  
1-800-564-5966

### Hospitals

Androscoggin Valley Hospital  
59 Page Hill Road  
Berlin, NH 03570, (603) 752-2200  
Rumford Community Hospital  
420 Franklin Street, Rumford  
364-4581  
Stevens Memorial Hospital  
80 Main Street, Norway  
743-5933

### Massage Therapists

Mahoosuc Mountain Massage  
Rt. 26, Bethel • 824-7600

### Therapeutic Massage

Janet Willie, N.C.M.T.  
Main St., Bethel • 824-3889

### Pharmacy

Preb's Marketplace Pharmacy  
Specializing in your good health  
66 Main St., Bethel • 824-2280

### Physicians

Mountain Health Services  
2 Broadway, Gorham • (603) 466-2741  
59 Page Hill Rd, Berlin • (603) 752-2900

### Rehabilitation

Spinex, Therapy for Chronic Pain  
Stephen J. Garbarini D.C.  
160 Lincoln Ave, Rumford 364-7531



## THURSDAY EVENING JANUARY 26, 1995

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30		
(3)	Cheers	Coach	Movie: "Bright Lights, Blg City"				News	M*A*S'H	Top Cops	H. Patrol		
(5)	Waltons		Shade	Shade	Rescue 911		700 Club		Father Dowling Mysteries			
6	Murphy B	Roseanne	Mad-You	Friends	Seinfeld	Madman	ER		News			
8	Fortune	Jeopardy!	My So-Called Life		NFL at 75: Celebration		Day One		News			
10	MacNeil-Lehrer		Maine	Maine	Mystery!			Platinum Collection		Red Green		
(11)	Sportsctr	College Basketball: DePaul at Texas				College Basketball: Penn State at Wisconsin				Sportsctr		
(12)	American	News	Loretta Lynn & Friends		Music City Tonight		Club Dance		News			
13	Ent. Tonight	Edition	CBS Reports: In the Killing Fields of America							News		
(14)	Celtics	To Be Announced						College Basketball: Stanford at UCLA				
(15)	Movie: "Nothing but Trouble"				Movie: "Eye of the Stranger"				Inside the NFL			
(17)	Movie: "The Ernest Green Story"				Roger Daltrey: The Music of the Who			Television Academy Hall of Fame				
(18)	"Shadowlands" Cont'd		Movie: "A Bronx Tale"			Movie: "The Saint of Fort Washington"						
(20)	Bruins	NHL Hockey	New Jersey Devils at Boston Bruins								College Basketball	
(21)	Design W.	Design W.	Unsolved Mysteries		Movie: "Lisa"				Unsolved Mysteries			
(22)	Who's the Boss?		NBA Basketball: Chicago Bulls at Orlando Magic					Movie: "10 to Midnight"				
(24)	Doug	Looney	Jeannie	Bewitched	I Love Lucy	M.T. Moore	Taxi	Taxi	Newhart	Van Dyke		
(25)	Movie: "Foxfire"		Movie: "You Never Can Tell"			Movie: "Sorrowful Jones"					Newsreels	
(26)	Wings	Wings	Murder, She Wrote		Movie: "The Cover Girl Murders"				Wings	Wings		
(27)	Rockford Files		Biography		American Film Institute Salute to Jack Nicholson					Law & Order		
(32)	Eat Daisies	Movie: "The Enger Saatchi"				News			Kojak			
(34)	Love Con	Jeffersons	Movie: "Gogans Buff"				News		Night Court	Simon		
(39)	O.J. Simpson Trial Cont'd			Crossfire	Larry King Live		World News	Showbiz	Sports	Call Sports		

## FRIDAY EVENING JANUARY 27, 1995

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
(3)	Cheers	Coach	Movie: Extractions			News	M*A*S*H	Top Cops	H. Patrol	
(5)	Waltons		Young Indiana Jones and the Treasure			700 Club		Father Dowling Mysteries		
(6)	Murphy B.	Roseanne	Figure Skating: World Professional Championships			Hummer Life		News		
(8)	Fortune	Jeopardy	Paul Mar	Shirley's	Mr. Cropper	10:20			News	
(10)	MacNeil-Lehrer	Wash. Wk	Wash. Wk	Wash. Wk	Wash. Wk	Wash. Wk	Wash. Wk	Wash. Wk	Wash. Wk	
(11)	Sportsctr	Reporters	Figure Skating: World Professional Championships			Tennis: Australian Open	Wash. Wk	Wash. Wk	Sportsctr	
(12)	American	News	Music City Tonight				Club Dance		News	
(13)	Ent. Tonight	Edition	CBS Reports: In the Killing Fields of America							
(14)	Pregame	NBA Basketball: Boston Celtics at New York Knicks								
(15)	Inside the NFL	Movie: "The Saint of Fort Washington"								
(17)	"The Daisies" Cont'd	Movie: "A Bronx Tale"			Movie: "The Saint of Fort Washington"					
(18)	American	News	Music City Tonight				Club Dance		News	
(20)	Design W.	Design W.	Unsolved Mysteries			Movie: "Lisa"				
(21)	Design W.	Design W.	Unsolved Mysteries			Movie: "Lisa"				
(22)	Who's the Boss?		NBA Basketball: Chicago Bulls at Orlando Magic				Movie: "10 to Midnight"			
(24)	Doug	Looney	Jeannie	Bewitched	I Love Lucy	M.T. Moore	Taxi	Taxi	Newhart	Van Dyke
(25)	Movie	"Foxfire"			Movie: "You Never Can Tell"			Movie: "Sorrowful Jones"		
(26)	Wings	Wings	Murder She Wrote			Movie: "The Cover Girl Murders"			Wings	Wings
(27)	Rockford Files		Biography			American Film Institute Salute to Jack Nicholson				
(32)	Eat Daisies	Movie	"The Enger Saatchi"			News			Kojak	
(34)	Love Con	Jeffersons	Movie: "Gogans Buff"			News			Night Court	Simon
(39)	O.J. Simpson Trial Cont'd		Crossfire			Larry King Live			World News	Call Sports

## SATURDAY EVENING JANUARY 28, 1995

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
(3)	Starting Line	Movie: "Shogun"						News	Children's Literature		
(5)	Greg	My Girl	Movie: "The Go-By"						Shogun Returns	Magnum	
(6)	Impress	Shogun	Empty Nest: IM Series	Figure Skating: World Professional Championships					News	Sat Night	
(8)	Road to the Super Bowl	Wash. Wk Breakfast	Frankenstein	Comedy					News	Post	
(10)	Maile	Media W	Wash. Wk Breakfast	Raiders					Fly Away	Sanctaries	
(11)	Sportscenter Super Bowl	NFL Films						Super Bowl	Tennis: Australian Open	News Final	
(12)	Gracie Danes' Team	Greg	Grand Copy	Star Trek Bros	Haw Haw					Copy	Grant Kelly
(13)	Star Trek: Deep Space 9	Madison Women	Boys Back		Buchanan	Walker Texas Ranger	News				
(14)	Horse R	Thoughts	College Hockey: Vermont at RPI					College Hockey			
(15)	Pokerfest Cont'd	Movie: "Heaven and Earth"					Movie: "Against the Wall"				
(17)	Movie: "Pinochio"	Movie: "Polyanna"					Movie: "Robin Hood"				
(18)	Movie: "Project X" Cont'd	Movie: "Body Double"					Movie: "Ring of Steel"		Indecent		
(20)	College Basketball	Sneak Zone					Skating	Random	Boxing: Pan Amer		
(21)	Her Final Fury	Movie: "Spenser: A Savage Place"					Design W	Love	Blayne Boocser		
(22)	WCW Saturday Night	Movie: "Bloodsport"					Movie: "Cover-Up"				
(24)	Monsters R Ugly!	Alex Mack	All That	Ren Stimpy	You Afraid?	White Shadow			Lucy and Desi		
(25)	In Harm's Way Cont'd	Movie: "Part of Your Wagon"					Barbom Gershia				
(26)	Weird Sci	Wings	Movie: "Die Hard"					SuprDaves	Movie: "Teen Wolf"		
(27)	Hm. Again	Hm. Again	Movie: "Bad Company"					Best of Comic Relief		Evening at the Improv	
(32)	Eat Daisies	Eddie's	Hazel	That Girl	GOP TV: Rising Tide		News	Charles	Kojak		
(34)	Saved-Bell	Riches	Vanishing Son			Hercules-Jimys	Jeffersons	News	Night Court	"El Diablo"	
(39)	Capital	Sports Sat	Primetime		Larry King Weekend		World News		Sports	Capital	

## WEDNESDAY EVENING FEBRUARY 1, 1995

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
(3)	Cheers	Coach	Wayans	Parent	Unhappily	Muscle	News	M*A*S*H	Top Cops	H. Patrol
(5)	Waltons		Shade	Shade	Rescue 911		700 Club		Father Dowling Mysteries	
6	Murphy B.	Roseanne	Cosby	Mysteries	Dateline		Law & Order		News	
8	Fortune	Jeopardy!	Sister, Sis	AllGirl	Roseanne	Ellen	Boys and Girls		News	
10	MacNeil-Lehrer		New Explorers		American Experience					Red Green
(11)	College Basketball: Virginia at Maryland				College Basketball: Villanova at St. John's				Sportscenter	
(12)	American	News	Marty Party		Music City Tonight			Club Dance		
13	Ent. Tonight	Edition	Women		Hearts Afire	Double	Love & War	Northern Exposure		News
(14)	Pregame	NBA Basketball: Charlotte Hornets at Boston Celtics					Court	College Basketball		
(15)	"Leap of Faith" Cont'd		Movie: "Robin Hood: Men in Tights"				Dream On	Sanders	Crypt Tales	Blown Aw.
(17)	Movie: "Black Beauty"				We Are the World-Tribute		Movie: "Wonder Man"			
(18)	"Ring of the Musketeers"		Movie: "Yaaba"			Movie: "A Kiss Goodnight"			Bloodstone-II	
(20)	To Be Announced		College Basketball: St. Joseph's at Massachusetts				Women's Basketball: Conn. at Providence			
(21)	Design W.	Design W.	Unsolved Mysteries			Movie: "Hostage Flight"			Unsolved Mysteries	
(22)	Boss?	Boss?	Movie: "The Sting"				Movie: "Tell Them Willie Boy is Here"			
(24)	Doug	Looney	Jeannie	Bewitched	I Love Lucy	M.T. Moore	Taxi	Taxi	Newhart	Van Dyke
(25)	Movie: "It Started in Naples"				Movie: "On the Riviera"			Movie: "Seven Ways From Sundown"		
(26)	Wings	Wings	Murder, She Wrote			Movie: "A Vow to Kill"			Wings	Wings
(27)	Rockford Files		Biography			American Justice		20th Century		Law & Order
(32)	Eat Daisies	Eddie's	Hazel	That Girl	Mod Squad		News	Kojak		
(34)	Love Con	Jeffersons	Wayans	Parent	Unhappily	Muscle	News		Night Court	Simon
(39)	O.J. Trial	News Update		Crossfire		Larry King Live		World News	Showbiz	Sports
										Call Sports

## SUNDAY EVENING JANUARY 29, 1995

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
(3)	Cheers	Coach	Bathtubs		Kung Fu: The Legend	News	AskMr.	H. Patrol	H. Patrol	
(5)	Movie: "Phat Little Rich Girl"			Movie: "Stand Up and Cheer"		In Touch		Ben Haden	Ankerberg	
(6)	Movie: "Diana: Her True Story"							News	Simpsons	
(8)	Super Bowl XXXII: San Diego Chargers vs. San Francisco 49ers Cont'd					Extreme		News		
(10)	Art Collection	Nature		Masterpiece Theatre	Park			Trainer		
(11)	Bushnell's Fitness		Blindfold & Bullseye		Figure Skating: World Championships Exhibition			Sportscenter: Super Bowl		
(12)	News	Jeopardy!	Robert Evans		Fishing	Bassmaster	Cuddlers	Road Test	Truckin'	
(13)	Movie: "The Man Upstairs"				Movie: "The Man Upstairs"			News		
(14)	Chicago Blackhawks: National Hockey League			Hockey: W. Award		Windsurfing	Yachting	English Soccer		
(15)	Movie: "Paddy's Day"	Movie: "Weekend at Bernie's"		Comedy	Movie: "Passions 57"				Eye Striker	
(17)	Movie: "The Saint of Fort Washington"	Movie: "The Saint of Fort Washington"		Movie: "The Saint of Fort Washington"		Movie: "The Saint of Fort Washington"				
(18)	The Remains of the Day	Movie: "The Remains of the Day"				Movie: "The Remains of the Day"				
(20)	Movie: "The Remains of the Day"	Movie: "The Remains of the Day"								
(21)	Movie: "The Remains of the Day"	Movie: "The Remains of the Day"								
(22)	Movie: "The Remains of the Day"	Movie: "The Remains of the Day"								
(24)	Movie: "The Remains of the Day"	Movie: "The Remains of the Day"								
(25)	Movie: "The Remains of the Day"	Movie: "The Remains of the Day"								
(26)	Movie: "The Remains of the Day"	Movie: "The Remains of the Day"								
(27)	Inspector Morse	Movie: "Monty Python and the Holy Grail"				Civil War Journal		Caroline's Comedy Hour		
(32)	Movie: "The Remains of the Day"	Movie: "The Remains of the Day"								
(34)	Movie: "The Remains of the Day"	Movie: "The Remains of the Day"								
(39)	Movie: "The Remains of the Day"	Movie: "The Remains of the Day"								

## MONDAY EVENING JANUARY 30, 1995

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30
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1:00	11:30
Cops	H. Patrol
Her Dowling Mysteries	
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1:00	11:30
Patrol	H. Patrol
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Simpsons	
WS	
Super Bowl	
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n Fear Films	
Backstab	
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th	Paul Prig
ve Lucy	Lucy Show
ve	The Westerner
Stakings	
oline's Comedy Hour	
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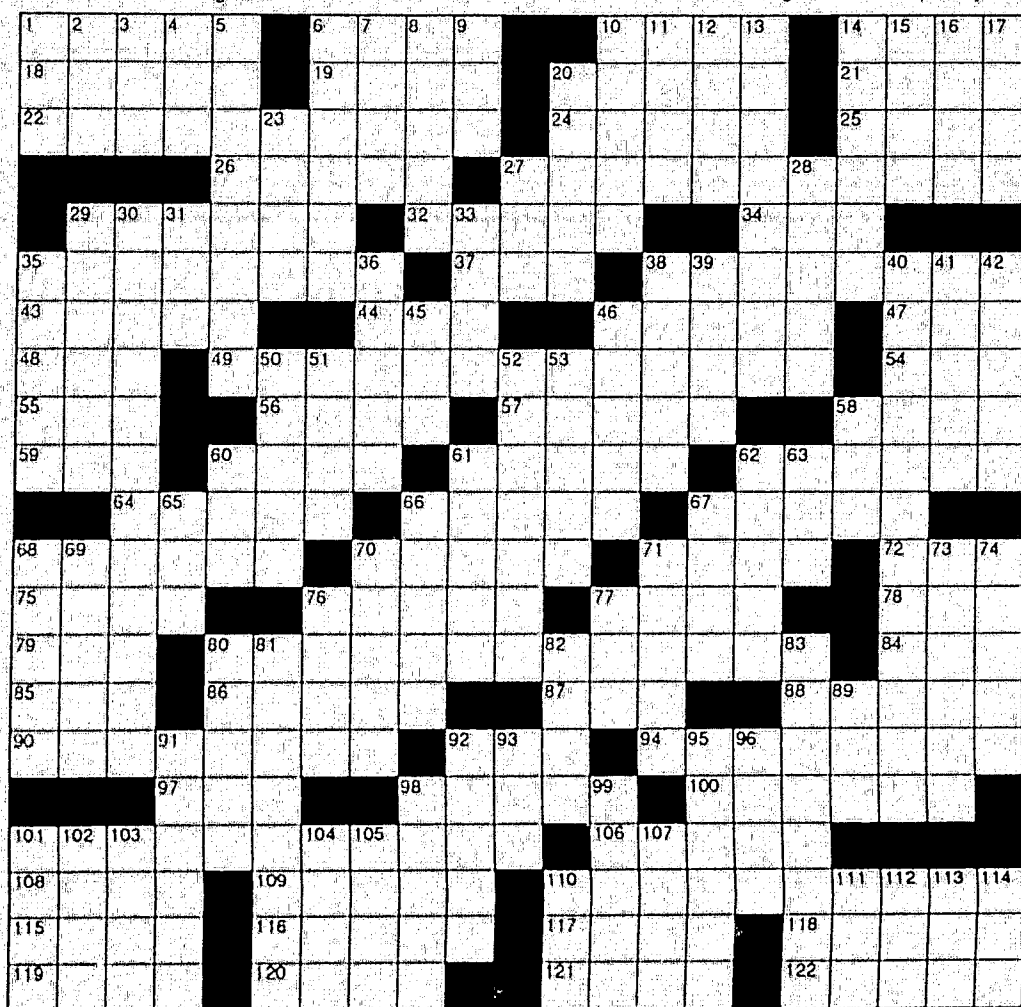
1:00	11:30
Cops	H. Patrol
Her Dowling Mysteries	
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1:00	11:30
Cops	H. Patrol
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ht Court	Simon
orts	Call Sports

## Super Crossword

**ACROSS**

1 Call Me — favorite drama? 54 Mine find 86 Llama turf 2 Held's 3 — es Salaam 39 — She 76 Williams or 10 Diffuse 55 Prefix for center or 87 Buryan's tool 2 Held's 3 — es Salaam 39 — She 76 Williams or 14 Applaud 56 A four 88 Yours, yesterday 3 — es Salaam 39 — She 76 Williams or 18 Texas 57 Skirt feature 94 Sieve 7 Way off 42 Disreputable 81 Short story 20 Native New 58 Biting 97 Catchall 7 Way off 42 Disreputable 81 Short story 21 Film holder 59 Mll. unit 98 Alice's 7 Way off 42 Disreputable 81 Short story 22 Kangaroo's 60 Thames town 98 Alice's 7 Way off 42 Disreputable 81 Short story 23 Help a food 61 Folksy poet 100 Cry from 9 See 109 50 Teach on 91 Pay up 92 Dough nut? 24 Helps a food 62 Willie Shoemaker, e.g. 101 Leopold's 10 Virologist 51 Energy 93 Minnesota 25 Mr. Saarinen 63 Snake-bite 102 Nasal 60 Vane letters 61 Los —, Calif. 102 Nasal 26 Building 64 Cock and 67 Maestro 68 Killaua, for 70 Can't stand 71 Camp activity 72 — Dinli Diem 27 Lion's favorite 65 Cock and 67 Maestro 68 Killaua, for 70 Can't stand 71 Camp activity 72 — Dinli Diem 28 Go from 66 Cock and 67 Maestro 68 Killaua, for 70 Can't stand 71 Camp activity 72 — Dinli Diem 29 place to place 67 Maestro 68 Killaua, for 70 Can't stand 71 Camp activity 72 — Dinli Diem 30 German spa 70 Can't stand 71 Camp activity 72 — Dinli Diem 31 Word form 71 Camp activity 72 — Dinli Diem 32 Word form 71 Camp activity 72 — Dinli Diem 33 He wasn't 75 Hawaiiian 116 Candle 117 Momo words 118 "Unsafe at Any Speed" 119 Banyan or baobab 120 Always 121 "The Hunter" (movie) 122 "Peyola" 36 Sontag or Sarandon 74 "Ring of



## Mahoosuc Arts notes:

The Mahoosuc Arts Council's presentation of the chamber ensemble of the Maine Music Society has been postponed from January until this spring. Please watch for notices with the new date.

During the month of January the council has been sponsoring an artist-in-residence at the Woodstock Elementary School featuring Carolyn Parrott, a storyteller and musician from Hopkinton, N.H. Storytelling grew out of Parrott's love of music which had its roots in her childhood. She learned to use music to enhance her stories just as an artist uses a frame to enhance a painting. Parrott plays many instruments, including banjo, fiddle, piano, bowed psaltery, jaw harp and tin whistle.

Carolyn has been working with teachers Wendy Ford, Marie Swett, and Floris Robin and their students. The residency, which focuses on the art of storytelling, began with performances which introduced the artist to the entire school. Carolyn has conducted three workshops per day with the core group of third-, fourth- and fifth-grade students, as well as one visit to each of the other grade classrooms and a teacher workshop.

The residency will culminate in a performance on Thursday, Jan. 26, at 7 p.m. at Woodstock School. The performance will feature Carolyn Parrott and her students in an evening of music and the telling of original works by students. The public is invited to attend. Donations will be accepted at the door.

The residency is presented by the council and is funded in part by a grant from the New England Foundation of the Arts, with additional support from the Maine Arts Commission, and the National Endowment for the Arts. Thanks to the Chapman Inn for providing lodging.

On Feb. 1, the Mahoosuc Arts Council, with the support of the Maine Arts Commission, will present the Actors Theatre of Maine's production of "The Indian in the Cupboard." Lynne Reid Bank's best novel tells the story of a young boy's tiny, three-inch cowboy and Indian toys that come to life.

There will be a 10 a.m. and 12:45 p.m. performance for Andover, Woodstock and Crescent Park students at the Crescent Park School. The Actors Theatre of Maine is a professional touring theatre from Leeds.

## Mundt-Allen Post 81

Mundt-Allen Post 81 of the American Legion/Auxiliary held its first meeting of the new year on Jan. 10.

Ladies' news: Calendar sales to benefit the auxiliary were very successful. Top sales recognition belongs to Dona Taylor, who amazed all by managing to sell 66 calendars amid her already busy schedule. Project chairperson Jane Strickland was the mastermind behind this idea and certainly her efforts and determination are the leading contributors to the success of this venture. It is only right to take this opportunity to extend our thanks to all of you in the community who helped to support this project.

Men's news: Rick Grover has proposed a cribbage tournament for all members of the Legion and the Auxiliary. Call Rick at 836-2802 for all of the details. Jim Luty of Bethel has been installed as Post Historian for the remainder of the year, we wish him the best of luck.

The next meetings will be held on Valentine's Day (Feb. 14). The evening will kick off with the traditional "Oyster Stew Dinner." (Lasagna will be available for those who are not oyster enthusiasts.) Dinner will be served at 6:30 p.m., immediately following dinner will be a "Flag Alliance" program under the direction of Jerry Greenwell.

## ELLIS RIVER SLEIGH RALLY

The Ellis River Riders Club will hold its second annual sleigh rally on Sunday, Feb. 19. Starting time will be 10 a.m. and driving competitions will take place at 1 p.m. The rally will be held at the Ancil's home on Route 108, Peru.

Last year the conditions were spring-like, with the temperature near 50. Spectators took advantage

of the fine weather and over 200 people had rides on the sleighs.

Just like last year, there will be rides available to the public for a small donation. There will be a warm-up building with some great, hot food and drinks. Spectators are welcome at no charge. For further information, phone 966-2301, or for last-minute details on the rally day, phone 562-4411.

## News from the The Bethel Library

During the month of December, the recently opened Bethel Book-n-Things had a promotion that resulted in the presentation of 10 new books to the Bethel Library.

The following is a list of the donors and the books they purchased: Wendy Penley, "A Year in the Maine Woods" in honor of Colin Penley; Fidelis F. Taylor, "Women's Bodies, Women's Wisdom" and "The Remarkable Christmas of the Cobbler's Sons" in honor of Charlotte and Jack Brink; Betsy Cooper, "Pigsty" in honor of Helen Cooper; The Seashore Family, "Perennial Gardening" and "Old Mother West Wind" in honor of Elizabeth Hart-Zwolsman; Dick and Sue Angevine, "Indian New England" in memory of Merwin Lary; Harold and Monique Rolfe, "Giants in the Land" in memory of Mary Corkum; Bob and Linda Saunders, "Beethoven Lives Upstairs"; and a fourth-grade CPS class, "America Alive" in honor of their teacher, Bernice Caddigan.

Other donations this week include a donation from Mundt-Allen Post 81 in memory of Roy Moxcey; "The Firebird" by Demi, given by Lori and Dick Hoch in honor of Eric and Lucia Schwarz; many new audio tapes from Rick and Dan at Skidder's Deli, and books from Sally Taylor.

Many thanks to the Cross Country Quilters, who have again crafted a beautiful quilt for the library's annual quilt raffle. Tickets will be available soon; in the meantime, come in and view the beautiful work done by these talented local women.

A new reference tool that is available for public use is "Time Almanac: Reference Edition, 1994," CD-ROM multimedia news reference containing the full text of Time magazine, 1989-1993, selected Time articles from the 20th century illustrated with historical news videos and photos, and an almanac of interesting and useful facts and figures about the U.S. and the world with full color maps and graphic charts.

Nine new video tapes have been added to the permanent video collection, just in time to help us cope with the winter blues: "The African Queen," "Jane Eyre," "To Have and Have Not," "The Lion in Winter," "Spellbound," "How the West Was Won," "How Green Was My Valley," "The Count of Monte Cristo," and "Pride and Prejudice."

Betsy Raymond  
Librarian

# Community Calendar

## Activities

Thursdays-Sale of vegetarian food (proceeds benefit the Forestside School) at Thurlow Hall, Perkins Valley Road, Woodstock. For information call 674-2971.

Attention Quilters: Cross Country Quilters meetings first and third Tuesdays, 9 to 11 a.m. at the Bethel Library Meeting Room. Bring your own projects. Show and Tell -- a fun time. Contact Ginny Keniston at 824-2661 for information.

Veterans Services: A representative of the Maine Bureau of Veterans Services will be at the Norway Armory (743-7852) the first and third Wednesday each month from 9 to 12 a.m., and at the Rumford Employ. Sec. Bldg. (364-3718) the second and fourth Thursday of each month from 9 to 12 a.m. This service is available to help Maine veterans, their dependents and survivors to apply for both state and VA benefits. The Lewiston Office, 200 Main Street, is open Monday through Friday, 7:30 a.m. to 4 p.m., 795-4590.

Thru March 3-Kristin Hurlin's watercolors will be exhibited at Gould Academy's Owen Art Gallery 8 a.m. to 3 p.m. weekdays and weekends by appointment. No charge. For information call 824-7700.

Wednesday, Jan. 25 Mahoosuc Music Makers practice at Telstar High School music room at 7 p.m. "Acupuncture: An Ancient Approach to Modern Health Concerns" will be topic of CMMC's Healthy Start program, 7 to 8:30 p.m. at Central Maine Medical Center Conference and Education Center. For information call 795-1750.

Thursday, Jan. 26, 7 p.m.--Artist-in-residence/student performance at Woodstock School. Donations accepted.

Friday, Jan. 27, 7 p.m.--North Country Chapter of Audubon Society of N.H. monthly meeting at N.H. Technical College, Berlin. Public in-

ited. Free. For information call 603-752-1924.

Saturday, Jan. 28, Noon-Burns Day Dinner, a day of fun sponsored by Saint Andrew's Society of Maine will include the haggis and a toast to Robert Burns, Scotland's best-known poet. Scottish dress welcome but not required. \$17 per person. For information call 549-7451.

January Night Out at Newry Grange Hall, 5:30 p.m. (snow date Feb. 4)--potluck supper, live music, historical slide show, trivia contest "So You Think you Know Newry?" and games and activities for the kids. Beverages, rolls provided by Newry Rec. Committee.

Public supper (beans, casseroles, cole slaw, rolls, pies) at West Paris Historical Building, 5 to 6:30 p.m.

Monday, Jan. 30 Mahoosuc Music Makers practice at Telstar High School music room at 7 p.m.

The Maine Department of Human Services will sponsor a series of Preservice Training Classes for anyone interested in becoming an adoptive foster parent for children with special needs, at the Lewiston campus of University of Maine, 6:30 to 9:30 p.m. for nine weekly sessions, through April 3, at no charge. To register call Pat Beaudou or Paula Lyons-Myrick at 795-4620 or 1-800-482-7517.

Tuesday, Jan. 31, 7 p.m.--Meeting for anyone interested in a four-wheeler club at Telstar lecture room, Bethel.

Wednesday, Feb. 1, 10 a.m. and 12:45 p.m.--The Actors Theatre of Maine's production of "The Indian in the Cupboard" at Crescent Park School, Bethel.

Thursday, Feb. 2, 3 to 5 p.m.--Northern Oxford County Council on Transition monthly meeting at NOVA Adult Learning Center, Rumford. For more information, please contact Jennifer Stevens at 364-8764.

## Safer Families

Safer Families of Oxford County sponsors free and confidential domestic violence services and support groups for presently or formerly abused women. Meetings are held in Bethel at 6:30 p.m. on Thursdays, in Rumford on Tuesdays at 9 a.m. and in South Paris at 9:30 p.m. on Tuesdays. The Safer Families toll free 24-hour help and crisis hotline is 1-800-520-4220. Safer Families also provides legal advocacy, for example, help with protection orders. For more information call 824-4222 or 1-800-520-4220 (24-hours a day).

## Library Hours

Andover Library: Tuesday, Wednesday, Thursday and Saturday, 1-4:30 p.m.; Thursday, 6 to 8 p.m. Tel. 392-4841.

Bethel Library: Monday, 9 a.m.-1 p.m.; Tuesday, 1-5 p.m.; Wednesday, 1-5 p.m., 6-8 p.m.; Thursday 1-5 p.m.; Friday, 4-8 p.m.; Saturday, 1-5 p.m. Story Hour for preschoolers, Thursday, 10-11 a.m. (September through May). Betsy Raymond, Librarian.

Whitman Memorial Library, Bryant Pond: Tel. 665-2505. Library hours: Tuesday and Thursday, 4 p.m.-8 p.m. Saturday, 10 a.m. to 4 p.m. After school 2:30 to 3:30 p.m. Thursdays for story hour and activities.

Hamlin Memorial Library, Paris Hills: Tuesday-Friday, 11:30-5:30; Saturday, 10-2; Wednesday evening, 7-9 p.m. Tel. 743-2980.

West Paris Library, West Paris: Monday 3-5 p.m.; Wednesday, 1:30-7 p.m.; Friday, 1:30-5 p.m.

Gardner Roberts Memorial Library, Hanover: Wednesday, 10-12 through July and August. Story Hour, 10:30 a.m.

## Reach

Rape Ed. and Crisis Hotline 1-800-622-2365. Sexual abuse helpline, 743-9777. Past or present victims of abuse.

## Church Services

Bethel West Parish Congregational-Rev. Brendon Bass and Rev. Jean Bass, 10:30 a.m. church service and Sunday School. Nursery care provided. Prayer, Sunday at 6 p.m., Monday, 8 a.m.

Church of the Nazarene-Rev. John Grant, 9:30 a.m. Sunday school, 10:30 a.m. morning worship, 6 p.m. evening service.

Our Lady of the Snows-Rev. Albert B. Colpitts, Mass-Saturday, 4:30 p.m.

Bethel Alliance Church-Rev. Nathan Seckinger, 9 a.m. Sunday school, 10 a.m. worship service, 6 p.m. evening service.

United Methodist-Rev. Henry S. Nickerson, Pastor, 10:30 a.m. worship and Sunday School.

West Bethel Union-Rev. John Williams, 9:15 a.m. worship and church school.

Pleasant Valley Bible-Pastor Clifford McMullen, 9 a.m. Sunday school, 10 a.m. worship.

Woodstock Bryant Pond Baptist-Rev. Linwood Hanson, 9:15 a.m. Sunday school, 10:30 a.m. worship service, 6 p.m. evening service.

Woodstock Seventh-day Adventist-Pastor Michael Cabana, Saturday, 9:20 a.m. Sabbath school, 11 a.m. worship service.

Andover First Congregational Church-Pastor Jane Rich, 9:45 a.m. Sunday school, 10 a.m. worship service.

Calvary Congregational Church-Rev. Duane Waite, 9:30 a.m. Sunday school, 10:45 a.m. worship service.

Locke Mills Locke Mills Union-Rev. Deborah M. Jenks, 9 a.m. worship and Sunday school.

East Stoneham East Stoneham Congregational-Rev. Janice Wilcox, 10 a.m. worship in February, April, June, August, October and December, 9 a.m. church school (Oct.-June).

Newry Newry Community Church-Rodney H. Hanscom, services will resume in the spring.

Albany Congregational Church - Hunt's Corner, 10:45 a.m. Sunday summer worship, June through September. Rev. Kenneth Corstens, Pastor.

## Monthly Meetings

First Wednesday: Purity Chapter 102, OES, 6:30 supper, 7:30 meeting. Greenwood Historical Society meets at the Society Building, Main St., Locke Mills, 7:30 p.m.

Gilead selectmen meet at the Town Office, 7 p.m.

First and Third Wednesday: Newry Planning Board, Town Office, 7 p.m.

Second and Fourth Wednesday: Bethel Planning Board meets at the Town Office, 7 p.m.

Every Thursday: West Paris Board of Selectmen meet at the Town office, 6:30 p.m.

First Thursday: United Methodist Women meet at the Bethel Methodist Church at 1 p.m.

Upton Board of Selectmen meets, 6 p.m.

Bethel Historical Society, Dr. Moses Mason House, 7:30 p.m.

Second Thursday: Board of Directors of Bethel Area Chamber of Commerce meets at the Bethel Area Health Center, 7:30 a.m.

Newry Fire Auxiliary meets at the Town Office, 7 p.m.

Bethel Lodge No 97, AF & AM. CPS/ATA meets from 6:30 - 8:00 p.m. Babysitting provided.

The Bethel VFW Memorial Post 1163 meets at the Lions Hall on Main Street at 7 p.m.

First and Third Thursday: Jackson-Silver Post, Locke Mills, 7 p.m.

Every Friday: Game Party at Jackson-Silver Post No. 68, Gore Road, Locke Mills, 6 p.m.

First Friday: The Oxford County Mineral and Gem Association meets at 7 p.m. at the Newry home of Norman and Eleanor Davis, 824-2844.

Third Friday: Mt. Abram Lodge, IOOF, 7:30 p.m.

Every Sunday: Western Mountains Meditation Group, Center for Natural Healing, 47 Pioneer Street, West Paris, 9:30 a.m. 674-3961.

Third Sunday: Episcopalian House Church at Bohrs' on 38 Chapman Street, Bethel, 4 p.m., 824-2913.

First Monday: Newry Community Ladies' Circle, 12:30 p.m.

Second and fourth Monday: SAD44 Board of Directors meets in Bethel, Woodstock or Andover at 7:30 p.m. Call 824-2185 for meeting place.

The Gilead Fire Department meets at the Fire Station at 7 p.m.

Second Monday: Newry Mother's Club meets, 7:30 p.m.

First and Third Monday: Bethel Board of Selectmen meets at the Town Office, 7 p.m.

First Tuesday: Three Rivers Sportsmans Club, Hanover 1 of P Hall, 6:30 p.m. potluck supper followed by a meeting.

Second Tuesday: Mundt-Allen Post, American Legion, meeting at 7:30 p.m. Supper starts at 6:30 p.m.

Lake Leche League, nursing mothers, meet at 10 a.m. at area members homes. Call 836-3567 for more information.

Every Tuesday: Bethel Rotary Club meets at The Bethel Inn, 7:30 a.m.

Greenwood Board of Selectmen meets at the Town Office 7 p.m.

Andover Board of Selectmen meets at the Town office, 6 p.m.

Newry Board of Selectmen meets at the Town Office, 9 a.m.

First and Third Tuesday: Woodstock Board of Selectmen meets at the Town Office, 5 p.m.

The Greater Rumford Alliance for the Mentally Ill-Children and Adolescent Network (GRAMI-CAN) Support, education and advocacy. Meets in the Former St. John's rectory from 6:30-8:00 p.m. in Rumford. Contact Diane at 369-0542.

Cross-Country Quilters meet at the Bethel Library from 9:30 to 11:30 a.m.

The Bethel Lions Club meets at the Lions Den on Main Street at 7 p.m.

Second and Fourth Tuesday: Woodstock Planning Board meets at 7 p.m.

Third Tuesday: Pine Tree Legal Assistance at Bethel Area Health Center, starting at 10 a.m.

Bethel Lions Club meets at the Bethel Lions Den, Main St., Social hour-6:30-7 p.m. Dinner at 7 p.m. followed by meeting.

Telstar High School Project Graduation Committee meeting, 6 to 8 p.m., room 106 at Telstar.

Items for the Community Calendar may be brought to The Bethel Citizen office or mailed in or phoned in at 824-2444.



# Classifieds ~ Call 824-2444

## Wanted

WANTED TO BUY: Scrap metal, Home furnishings and weekends. Raymond Chapman, 824-2585.

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Wanted to purchase  
**WOODLOT**  
A few acres to 400 acres.  
Also would like to  
purchase stumpage.  
Stumpage paid weekly.  
20 years experience.  
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## Pets

LOOKING FOR GOOD HOMES. Female Alaskan Huskies. Parents are working sled dogs. 10 weeks old, needs lots of love and exercise. Black with gray, white and tan markings. Shots, price negotiable. Contact Liz or Andy at 824-3871 evenings. 1-5p

## Tools

RINSEVAC carpet cleaner, rug shampooers, sewer snakes, sump pumps, space heaters, chipper-shredder at Brooks Bros., Inc. Main St. Bethel 824-2158. Tel

## Personals

2020 WITHOUT GLASSES! Safe, rapid, non-stained, permanent restoration in 6-8 weeks. Airline pilot developed. Dated approved. Free information by mail: 800-422-7330, 406-961-5570, FAX: 406-961-5577. Satisfaction guaranteed. 4-5p

## Lost

WHITE LONG-HAIRED MALE CAT named Casa. Lost by Brown's Mobil on Route 2. 824-3836. 4-5p

## Financial Services

WE PAY CASH for seller financed mortgages & trust deeds, insurance settlements and annuities nationwide. Free quotes. Call Don at New England Mortgage (401) 826-7832. 4-5p

## Vacation Properties

TIME SHARE UNITS and campground memberships. Distress sales - cheap! Worldwide selections. Call Vacation Network U.S. and Canada: 1-800-543-6173. Free rental information 808-563-5586. 4-5p

## Help Wanted

DRIVER - ACCELERATE YOUR PAY WITH BURLINGTON! OTR/Shorthaul. Home weekly (shorthaul), starting pay up to \$3.33/mile plus bonuses, assigned trucks, great benefits. Burlington Motor Carriers: 1-800-JOIN-BMC, EOE. 4-5p

LOOKING FOR SOMEONE in the Bryant Pond area to babysit my two children. Please call 665-2959. 2-4p

HAROLD IVES TRUCKING hiring drivers. New Year - New Career. Free Driver Training. Students welcome. Experience pay up to \$28 per mile. Excellent benefits. 1-800-842-0853. 4-5p

CHIEF/MANAGER The Osprey Restaurant. Six month summer, four star, waterfront, 70 seat, established clientele. Seven miles from Bethel, Maine. Outstanding opportunity for an individual with proven talent and experience. Call Mrs. Leonard (207) 871-2525 M-F 9-4:30. 4-5p

APPLICATIONS NOW ACCEPTED at Bureau and Bureau II. Apply in person, in Bethel or Bryant Pond. 4-5p

## Business/Commercial Opportunities

FOR MORE INFORMATION AND ASSISTANCE regarding the rules of financing, business opportunities and work at home opportunities. The Bethel Citizen urges its readers to contact the Better Business Bureau, Inc., Maine Division, 812 Stevens Avenue, Portland, ME 04103-2648. 6p

MOTEL/COTTAGES FOR SALE \$250,000. Three or four season operation; Owner will train, be neighbor. Lots of untapped recreational and cash flow opportunities. A+++ highway location. Absolutely turnkey. Advantage Business Brokers 1-207-846-9206. 3-5p

CAREER/INVESTMENT. BE YOUR OWN BOSS! NOVUS Windshield Repair Franchise. 2500 Operations worldwide. Mobil. Home based. Investment from \$18,000. Dynamic, growing industry. Instant cash flow. 8 days Factory Training. Field support. Ken Burnham, 1-800-926-6887. 4-5p

NATIONAL GROCERY COUPON BOOKS. Untapped \$424 Billion Industry. 800% profit potential. Minimum investment \$150. Multi-Product Company. Free information. House of Coupons 1-800-641-8949. 4-5p

**BUSINESS OPPORTUNITY**  
Andy's Restaurant in West Bethel is looking for a business partner. Either outright purchase or lease. Ambition, drive, talent, sense of humor needed. BIG POTENTIAL for year round operation! (207) 836-2002

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**REPORTER WANTED**  
To cover school and community news for weekly newspaper in Bethel. Experience with 35mm photography a plus. Submit resume and writing/photography samples to:  
**EDITOR**  
Bethel Citizen • PO Box 109 • Bethel, Maine 04217

S.A.D. #44  
**SECRETARIAL POSITION**  
S.A.D. #44 is accepting applications for the part time position of Central Office Secretary. This is a 52 week, part time position in the Superintendent's Office located at Telstar Middle High School in Bethel. The successful candidate must be comfortable with technology; proficient at WordPerfect 6.0 and Microsoft Works 3.0, familiarity with desktop publishing a plus. Must have experience with the latest office technology. Basic accounting skills helpful. Successful candidate will have strong organizational skills and positive people skills.  
Interested applicants should submit their letter of application, resume, and credentials to:  
Ronald Jenkins, Supt.  
S.A.D. #44 • 284 Walkers Mills Rd. Bethel, ME 04217  
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# Your Guide to Area Services

<p><b>AEROBICS</b> Bethel Area Health Center Mondays: 12 Noon &amp; 5:30 pm Tuesdays: 9 am &amp; 6:15 pm Wednesdays: 9 am, 12 Noon &amp; 5:30 pm Fridays: 9 am Cost: \$4 per class or \$35/month Call: 824-4631 for information!</p>	<p><b>BRYANT POND AUTO BODY</b> Felt Road • Bryant Pond 665-2075 Insurance Estimates • Frame &amp; Unibody Straightening • General Body &amp; Paint Repair Specializing in auto body repair for over 25 years</p>	<p>Greg Cummings General Contracting &amp; Remodeling Tel: (207) 824-3491 • Bethel, Maine</p>	<p><b>CHILDCARE &amp; PRESCHOOL</b> Country Kids Childcare Center Located on 5 acres, staffed with highly skilled professionals offering a nurturing, loving, creative environment. Where it's fun to be a kid 824-3951 Corner of Route 2 East &amp; Airport Road, Bethel, Maine</p>	<p><b>MORGAN CONCRETE</b> Aluminum Forming System for the Smoothest Poured Walls Quality Work • Competitive Prices • Free Estimates Call Marty (207) 392-4961</p>	<p>PHILADELPHIA BRAND CARPETING IN-LAID FLOORING TILE CONGOLEUM WESTERN MAINE SUPPLY 824-2119</p>
<p><b>ANNUITIES</b> If you're not getting at least <b>8%</b> on your savings <b>CALL US!</b> Kendall Insurance 824-2178</p>	<p><b>BANQUET</b> A Unique Alternative for up to 180 REUNIONS WEDDINGS TRADE SHOWS Dinner Packages Start At \$15 800-446-9038 U.S. Route 2, Rumford</p>	<p><b>Dumont &amp; Sons</b> Drywall &amp; Carpentry "No job too big or too small" For free estimates <b>207-836-3575</b></p>	<p><b>CLEANING</b> Have 'Broom, Will Travel! BETHEL AREA CLEANING SERVICE Specializing in 5k Houses • Condos • Residences &amp; Offices Call 824-3119 Doreen Kelly • PO Box 368 • Bethel, ME</p>	<p><b>CERAMIC TILE</b> CERAMIC TILE Marble • Granite • Slate Design/Installations David Holmes • (207) 583-6114 Holmes Company PO Box 51 • Harrison, ME 04040</p>	<p><b>FURNITURE REPAIR</b> FURNITURE REPAIR &amp; RESTORATION Antique to Contemporary Call Don Sandstrom 824-3313</p>
<p><b>ANTIQUES</b> HARVEY'S TRADING POST Antiques &amp; Collectibles New and Used Rt. 26, South of Bethel, Me. Open 9 am - 5 pm • Tel: 824-2576</p>	<p><b>CABINETRY</b> Entertainment Centers Pinnacle Woodworks Robert Bergman • 207-674-5777 Cabinetry Furniture</p>	<p><b>Residential &amp; Commercial Building</b> New Dwelling Remodeling • Repairs Kubota Backhoe &amp; Bucket Work Test Holes • Ditches • etc. <b>Rainey &amp; Sons</b> Carpentry, Inc. Jeffrey A. Rainey, Contractor PO Box 130 • Locke Mills, ME 04255 (207) 875-2555</p>	<p><b>CONSTRUCTION</b> R.B. HARRISON Construction Randall &amp; Nancy Harrison <b>836-2041</b> Free Estimates with 23 Years of Experienced Ideas Residential &amp; Commercial</p>	<p><b>DRIVING SCHOOL</b> ATLANTIC DRIVING SCHOOL Route 26 • Norway, Me. Next Class at Telstar Starts 3/2/95 Car Rental Available for your Test. Call: 1-800-287-3550</p>	<p><b>HAIR STYLING</b> FORBICI Hair &amp; Nail Salon Adriane (Sam) Miele Rt. 26, Bethel (next to Telstar Flower Shop &amp; Bethel Frames) Tuesday 10-8 Wed 10-8 • Thurs 10-8 Fri 10-8 • Sat 10-4 Models Needed for info, call (207) 824-4924</p>
<p><b>AUTOMOTIVE</b> Almar Mt. Top Enterprises Repairs on all cars &amp; trucks State inspection station Hayes Hill Rd Greenwood City 527-2488</p>	<p><b>YOUR ADVERTISEMENT CAN BE HERE FOR ONLY \$2.70 PER WEEK FOR 13 WEEKS!</b></p>	<p><b>CAR CARE</b> <b>DAN'S CARWASH</b> Featuring • Self Service Bays • On-Site Vacuums plus an automatic <b>BRUSHLESS CARWASH</b> Cross Street, Bethel Open 7 Days • 24 Hours</p>	<p><b>THIS AD SPACE CAN BE YOURS FOR ONLY \$5.40 per week!</b> (13 week commitment) Call Karen at 824-2444</p>	<p><b>ELECTRICIANS</b> MAYNARD C. CUSHMAN Master Electrician Bryant Pond, Maine (207) 665-2901</p>	<p><b>Hours</b> Wed. &amp; Fri. 9-5 Tues. &amp; Thurs. 9-8 Saturday 8-12 Closed 2nd Tuesday evening of every month 39 Mayville Road Bethel, ME 04217 824-4834</p>
<p><b>TUCKERMAN AUTO ELECTRIC</b> (Formerly D.R.S.) New &amp; Rebuilt Starters • Alternators • Generators Foreign • American Heavy Duty • Farm • Marine 1-603-466-5935 Jim Hannigan, ASE Certified Tech</p>	<p><b>CARPENTRY</b> Dale W. Buck New Construction Remodeling, Cabinetry (207) 824-0185 • Paradise St., Bethel</p>	<p><b>CARPET CLEANING</b> <b>SUPERIOR Carpet Cleaners</b> Residential &amp; Commercial Carpet &amp; Upholstery Steam Extraction Recommended by Area Carpet Dealers <b>364-7911</b></p>	<p><b>CONCRETE</b> <b>ANDRÉ'S CONSTRUCTION, INC.</b> Concrete Foundations &amp; Slabs Excavation Septic Systems André Bernier 78 East Bethel Road Bethel, Maine 04217 FREE ESTIMATES <b>207-875-3784</b></p>	<p><b>TIMOTHY J. HUTCHINS, INC.</b> MASTER ELECTRICIAN RESIDENTIAL • INDUSTRIAL • COMMERCIAL <b>207-824-3582</b></p>	<p><b>JEWELER</b> We sell beautiful Maine Gems &amp; jewelry and provide custom design service. • Full Line of Jewelry Repairs <b>MT. MANN</b> Jim Mann, Jeweler/Artist • Open Mon-Sat 30 Main Street • Bethel • (207) 824-3030 <b>LOCKSMITH</b> Jim Anderson CERTIFIED LOCKSMITH Lockouts • Car &amp; Home • Keys Duplicated • Locks Rekeyed • Locks Maintenance • Locks Installed • Security Consultant • Lock Repair • Missing Keys Rekeyed • Numbered Master Brand Locks Rekeyed <b>824-2072</b></p>

Want to Advertise Your Business Here? Call Nancy Wight or Karen Hakala at 824-2444 by Friday at Noon



# Classifieds ~ Call 824-2444

## Miscellaneous

**GED (High School Equivalency) TESTING AND PREPARATION.** Day and evening times. No charge. Call SAJ #44 Adult Ed. 824-2780 for an appointment. 34lf

**SUPPORT GROUP** for families and friends of the mentally ill. Meets first and third Tuesdays of the month, 6:30 pm at St. Athanasius/St. John Parish Center, Rumford. For further information call 1-800-464-5767. 24lf

**OVEREATERS ANONYMOUS.** Bethel Area Health Center, Saturday 9:30 - 10:30 a.m. For information call 824-6483 or 824-2915. 37lf

**TOPS (Take Off Pounds Sensibly).** Wednesdays, 7 pm, Bethel Fire Station. 11lf

**S.H.A.R.E.,** a support group for parents who have suffered an infant loss, stillborn birth or miscarriage. Stephens Memorial Hospital, first Thursday of each month, 7 pm. For information call 824-2915. 24lf

**Bethel Freedom Group AA,** which meets at Bethel Fire Station, Sunday 6-7:30, CBR, Tuesday 7-8:30 CWD, O-Literature, Friday 7:30-9C 12x12. 24lf

**AL ANON,** Wednesday, 8 pm Telstar Regional High School. 28lf

**AA MEETS** Wednesday, 8 pm, at Telstar Regional High School. 24lf

## For Sale General

**BAGGED SHAVINGS FOR SALE.** P.H. Chadbourne & Co., Rte. 26, Bethel, has bagged (3 cu. yd.) shavings for sale. \$3,000 bag. Cash & carry on a first come basis. 30lf

**SUNQUEST WOLFF TANNING BEDS.** New Commercial - Home Units from \$199. - lotions - accessories. Monthly payment as \$18.00. Call today. FRPE new color catalog. 40lf

**FIREWOOD FOR SALE.** 836-2791. 51lf

**WATERBED PRODUCTS DISCOUNTED.** Heaters, \$19.99, Waveless Mattresses \$44.95, Queen Saturated Beds from \$299. UPSHELEX delivers. Extensive selection at wholesale prices. FREE Color Catalog. 1-800-992-0873. 40lf

**MIXED HARDWOOD.** \$95 a cord. 50-63%. 2-50

**FAMEN'S SOFT LEATHER JACKET.** dressy. Size medium, thousand \$79.99. Price \$55. excellent condition. 824-2878. Please message. 44lf

**6'x6'x12' WATERBED.** Fine frame with mattress, heater, etc. Call 824-3866. \$159. 45lf

**BRANSON MISSOURI** for popular dance we are returning to Branson in May 1995. Specials & Lincolns. Call East West Travel Agency at 1-800-427-0143. 45lf

## For Sale Vehicles

**1986 JEEP CHEROKEE LAREDO,** 5 speed, V-6, 4x4 ps/pb/ac, Burgundy with 1992 trim package. Original owner \$4,000. (207) 824-3455. 1-4

**1988 JEEP COMANCHE PICKUP,** 2 wheel drive. Good mechanical condition. Good body. Only 53,000 miles. Asking \$2,950. See at The Unicorn 824-2358. 3lf

**1987 HONDA ACCORD LX,** 5 speed, 4 cyl, power windows and locks, air conditioned, am/fm cassette, cruise control, new tires \$4,000 or best offer. 824-3203. 4-5

**1984 (Brown) 4 door, 4 cylinder, front wheel drive, automatic TEMPO GL.** Great shape, clean and dependable. Call 875-5015. 4p

**1990 SUBURBAN** fully loaded, 8 passenger seating 4x4 excellent condition, below book value \$14,500. 824-4024. 4

## Services

**BENNETT'S UPHOLSTERY** - Home and office furniture, antique and modern. Call for free estimates, quality workmanship at very reasonable prices. 824-2336. 15lf

**RECYCLING** Old lawn mowers, engines, chain saws, lawn tractors, shredders, water pumps, trimmers. Bailey's Outdoor Power, 824-2403. 11lf

**NEED RUGS SHAMPOOED & Upholstery cleaned,** floors stripped, sealed & waxed etc. Call Sal's Cleaning Service 824-2955. 25 years in the business. 27lf

**ADULT EDUCATION:** Academic Brush-up, GED, Career Guidance. Day & Evening. Get started on new direction NOW. Call 824-2780. SAD 44 Adult & community education. 19lf

**PHOTOGRAPHY,** natural portraits of your family, children, home, farm. Black & white, sepia and hand out coloring. Call for price list. Call Gammis 824-4929. 38lf

**BACK TO BASICS** bookkeeping, payroll, account payable, account receivable. 836-2374 call evenings and weekends and ask for Rosemary. 47lf

## COMPUTING

- Getting Started
- Small business programs
- Training

**Red House Management Svc**  
824-2094

## SPREADSHEET

The Small Business Accounting Specialists

Free Initial Consultation

**John Bayerlein**  
Mason Street • P.O. Box 699  
Bethel, ME 04217  
(207) 824-7658

## For Rent

**HEATED** furnished one-bedroom apartment for rent in Hanover. Minutes from Bethel and Rumford. Call 364-7520. 37lf

**SKI HOUSE** on Songo Pond, Albany. Fireplace, spiral staircase, 3 bedrooms. \$800/week (non-holiday). \$400/weekend (non-holiday). 15 minutes from Sunday River. Call after 6 pm. (207) 824-3191.38lf

**SKI HOUSE** in Bethel. Furnished - sleeps 12, hot tub and bar room - by week or weekend. (207) 665-2434 evenings. 44lf

**SUNDAY RIVER,** two bedrooms, trailside unit. Sleeps six - \$100/night weekends. No seasonal rental. 967-4236 or 824-3570. 44-7

## TAXPAYERS OF TOWN OF GREENWOOD

The committee to study the Town Manager will be having a public hearing on February 8th at 7:00 p.m. All interested people should attend. It will be at the town office.

## CLASSIFIED ADS

Twenty-five words or less, one week, \$2.75; additional weeks without change, \$2.20. More than 25 words, 20 cents per word the first week; additional weeks, 16 cents per word.

Advertisements in care of The Citizen, \$2.00 per insertion additional.

Display advertising in classified columns, \$5.00 per inch. Advertisers utilizing space in classified display regularly (minimum of four weeks in succession) are entitled to a rate of \$4.00 per inch.

Cards of Thanks or in Memorial, \$4.50 and up.

Resolutions of Respect, \$5.75.

Tel: (207) 824-2444

**MOBILE HOME** for rent. Large yard, one bedroom, in-ground swimming pool. Call 364-7520. 47lf

**RUMFORD AREA** 1 bedroom, 2 bedroom, or 3 bedroom apartments. Semi furnished or furnished, heat, hot-water, 15 minutes from Sunday River. Travel a little - Save a lot! Call for further info 207-364-8119. 48lf

**SUNDAY RIVER SKI RESORT** 10 mins. away from this cozy 3 bedroom home. Fireplace, private setting, reasonable week/weekend rates. (207) 799-1597. 50-5p

**ELDERLY HOUSING** 1 bedroom apartment. Sudbury Village apartment units are subsidized to qualified applicants. Available Feb. 1st for information Call Don or Bev Waterhouse at 824-2146 - Equal Housing Opportunity. 2-4

**STORAGE SPACE AVAILABLE** in-town Bethel. Call 824-3807. 2lf

**LOWER MAIN STREET, BETHEL** one bedroom apartment available February 1st. No pets, references required. 824-2240 - leave message. 2lf

**2 BEDROOM TRAILER,** Mexico Maine with full basement on Private lot. Deposit and references 875-3900. 2-5p

**Buy Here - Pay Here!**

**Financing Available For Any Budget**

Low Down Payment - Weekly Payments

**WE WILL PAY YOU \$100 Upon The Purchase Of A Quality Pre-Owned Vehicle FOR A LIMITED TIME ONLY\***

**1991 FORD ESCORT**  
Red, 2-Door, 6 Speed \$2,495

**1986 OLDS TORONADO**  
Automatic, Loaded \$2,795

**1988 FORD TEMPO**  
6-Speed \$2,495

**1985 DODGE CARAVAN**  
Automatic \$2,395

**1984 MONTE CARLO SS**  
Automatic \$2,795

**1985 PLYMOUTH HORIZON**  
84,000 Miles \$1,495

*Many More In Stock See Us Today*

**Brackett's Auto Sales**  
Pottle Rd., Off Rte. 26, Oxford  
743-8540

**CONDO AT MT. ABRAM** 2 bdms, 2 full baths includes woodstove, dishwasher, fridge, oven - otherwise unfurnished. \$450 per month. Call (207) 933-9023. 3-4p

**WEEKDAY SPECIALS:** Condos 6 miles from mountain. Hot tubs, sleeps 5 \$80 per week night. Sleeps 8 \$95 per weeknight. (207) 824-3919 weekdays or (207) 967-5065 weekends. 3-13p

**ROOM FOR RENT** in Albany, quiet location. 824-3858. 4-5p

**For Sale by Owner**  
*In the heart of the Western Maine Mountain Four-Season Recreation Area*

Excluded 30+ Acre Estate - Panoramic Mountain View  
"Pond House" Log House: Living Room, Dining Room, Kitchen, 2 Bedrooms, Shiny, Solid, Bath, Great Wings: Family Room, Kitchenette, 2 Bedrooms, Bath, 2 Car Garage with 2nd Floor Game Room, Storage

**25 Minutes from Sunday River & Mt. Abram.**  
Located in Andover, Maine. \$190,000  
**Call Today (207) 392-3403**  
For Information and Brochure

**ROUTE 2, RUMFORD POINT** 2 bedroom house, furnished, sleeps five. \$475/month. Call (207) 665-2153. 4-5p

**BRANT POND HOUSE,** subletter needed. \$183/month plus utilities. Call Jeff at (207) 665-2796. 4-5p

**FOR RENT** 2 bdrm, mobile home, Rte. 26, Woodstock. Partially furnished - \$375 month plus utilities. References & deposit required. References will be checked. Call 743-9560 days - 674-2599 6:30 pm - 8:00 pm. 4-5p

**Real Estate**

**SOUTH RIDGE** 2 bedroom townhouse with fireplace, dishwasher. Fully furnished, mountain views, quiet location on Sunday River Ridge Run Trail. WAS \$119,000 REDUCED TO \$109,000. Call owner at 207-284-6484. 4lf

**3-6 BEDROOM FARMHOUSE** in West Bethel. New sewer system, down payment, owner will finance. Call 207-836-3945. 17lf

**FOR SALE BY OWNER:** Large Victorian with barn, Rumford Corner, 9 miles from Mt. Abram, 15 miles from Sunday River. Great for B&B. \$83,000. Firm. Evenings 824-3470. 9lf

**BETHEL AREA** Beautifully wooded house lots located at the new & expanding Mt. Abram and within minutes from Sunday River, ideal for vacation or year round homes these lots start at \$27,500. 207-875-5003. 35lf

**SUNDAY RIVER ROAD** Barker Mtn. Village town road, 5 acre lots, financing available. \$39,900 & Up. Bryce Yates, Box 2190, Bethel, ME 04217. Tel: (207) 824-2420. 42lf

**at Bethel Auto Sales:**

*Tax, title, doc. fees are INCLUDED in all payments. All 1988 - 1993 vehicles are financed with 15% down with approved credit.*

1991 Ford Escort LX	1987 Dodge Daytona Shelby Z
Station wagon, fuel injected, 1.9L, 4 cyl, engine, 4 speed auto w/overdrive, a/c, stereo/cassette, Great front wheel drive for the growing family.	174 hp turbo, 2.2L engine, a/c, tilt, cruise, windows, cassette, alloy wheels, and much more. Very clean car, straight from California.
\$5,600 Sale Price \$36 Sales Tax 36 Title & document fee	\$3,800 Sale Price 221 Sales Tax 36 Title & document fee
<b>\$129.11/monthly</b>	<b>\$125.90/monthly</b>
\$5,972 Total \$922 Cash or Trade (15% down)	\$4,064 Total \$644 Cash or Trade (20% down)
\$5,950 amount financed at 10.5% APR for 48 months.	\$3,200 amount financed at 13.25% APR for 30 months.

1988 Nissan Kingcab 4x4 SE	1986 Honda Civic 1500cc
Top of the line V-6, 5 spd, power steering, am/fm stereo, tilt wheel, power angle plow, Nice, Nice, Nice truck! All serviced and ready to go!	4 cylinder engine, 4 speed automatic, stereo/cassette, rear window wiper/washer/defroster. Economical and great in the snow!
\$6,900 Sale Price \$414 Sales Tax 36 Title & document fee	\$3,350 Sale Price 201 Sales Tax 36 Title & document fee
<b>\$205.94/monthly</b>	<b>\$135.94/monthly</b>
7,350 Total 1,150 Cash or Trade (15% down)	3,587 Total 737 Cash or Trade (20% down)
\$6,200 amount financed at 12% APR for 36 months.	\$2,850 amount financed at 13.25% APR for 24 months.

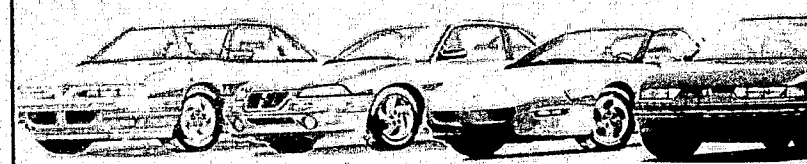
*We have 40 additional clean used cars & trucks to choose from. Price, Selection & Service... Find it Here at*

**Bethel Auto Sales**  
See Dennis Barker • 214 W. Bethel Road • 824-2389  
Open: Mon - Wed: 8 am - 4 pm • Thurs & Fri 8 am - 6 pm • Sat 8 am - 12 noon

# Your Guide to Area Services


<b>LODGING</b>  <b>BETHEL AREA RENTALS</b> 1-800-824-6024  <b>LOG HOMES</b>  <b>HANDCRAFTED LOG HOMES</b> Full Scribed-Post & Beam Errol Log Structures 603-482-3402 Rt. 26 Errol, NH 03579 30 mi. East of Bethel Homes To View  <b>LOG HOMES</b>  <b>Lincoln Logs</b> Authorized Dealer <b>ALPINE RIDGE</b> John E. Losler, General Contractor 17 Alpine St. • Gorham, NH • (603) 466-2545  <b>MASONRY</b>  <b>NEIL DONOVAN</b> Masonry CALL 824-2113 BRICK • BLOCK • STONEWORK  <b>MEDICAL EQUIPMENT</b>  <b>Western Maine's Healthcare Specialists</b> We Rent, Sell or Bill your insurance Canes • Crutches • Walkers Wheelchairs • Commodes Hospital Beds • Diabetic and Ostomy Supplies Bath Safety Equipment <b>Prael's PHARMACIES</b> South Paris & Bethel Specializing in Your Doctor's Orders 27 Market Square South Paris, Maine 04883 (207) 754-8225 66 Main Street Bethel, Maine 04217 (207) 824-2620	<b>MUSCULAR THERAPY</b>  <b>Mahoosue Mt. Muscular Therapy</b> for Ultimate Relaxation, Relax in our Hot Tub, then Revitalize with Massage 824-7600 Iris Cardello • Penny Bohue AM, A.C.C.E.D.  <b>PLUMBING</b>  <b>WAYNE BEAN Plumbing</b> Bethel 875-5828  <b>Ralph "Jug" Merrill</b> PLUMBING SEPTIC TANK PUMPING BETHEL 824-2409  <b>POWER EQUIPMENT</b>  <b>BAILEY'S</b> Outdoor Power Equipment  <b>B&amp;S • Kohler • Tecumseh SALES &amp; SERVICE</b> GENUINE PARTS FOR Ariens • B.C.S. • Barker Murray M.T.D. • Sears Toro • A.Y.P. • White Route 26, Bethel • 824-2403  <b>PROPERTY RENTALS</b>  <i>Bethel's only full service property rental &amp; management agency!</i> ✓ long, short term & seasonal rentals ✓ full property management ✓ association management ✓ fully insured housekeeping <i>Creative Management Associates</i> 115 Main Street, Bethel (207) 824-4044	<b>Kennett Realty Rentals</b> Offering Bethel Area Rentals of homes, condominiums and cottages for weekend, seasonal or long term. (207) 824-3090  <b>REAL ESTATE</b>  <b>Maine Street REALTY</b>  <i>Your Maine Source for Bethel Area Real Estate Sales and Rentals</i> (207) 824-2114 57 Main Street Bethel, Maine  <b>RUBBISH REMOVAL</b>  <b>D &amp; E Sanitation Service</b> Dwight & Elaine Merrill P.O. Box 241 Bethel, Me. 04217  <b>TAX PREPARATION</b>  <b>TAXES - ACCOUNTING - PAYROLL</b> <i>PCD Business Service</i> <b>PATRICIA DOOEN</b> by appointment (207) 824-2400 P.O. Box 125 • Bethel, ME 04217  <b>TAXI TRANSPORTATION</b>  <b>BETHEL EXPRESS Corp.</b> Day & night Transportation Now Available Skier Shuttles Throughout the Town Portland Airport Taxi Call 824-4646 (824-GOGO)	<b>TENT RENTAL</b>  <b>OLSON'S TENT RENTAL</b> Theme Song   <i>Having a Party - Eating Cake</i> If you don't have an Olson's Tent your Making a Big Mistake 20 x 40 \$150 • 30 x 50 \$300 (within reasonable distance) (207) 875-5765 • Bethel  <b>YOUR ADVERTISEMENT CAN BE HERE FOR ONLY \$2.70 PER WEEK FOR 13 WEEKS!</b>  <b>TV/SATELLITE</b>  <b>AL'S TV &amp; VCR SERVICE CENTER</b> 27 Years Experience Zenith Sales & Service Repairing All Makes TV • VCR • Satellites TV Antennas Home Services Bethel and Surrounding Area CALL TODAY 315 North Road. (603) 466-3616 Shelburne, NH  <b>VETERINARIAN</b>  <b>Bethel Animal Hospital</b> Rt. 26 • 175 Walker's Mills Rd. Bethel, Maine <b>Dr. Gary J. Stuer</b> (207) 824-2212 <i>Warm, friendly service with complete surgical &amp; medical care for all your pets.</i>  <b>WOMEN'S GROUP</b>  <i>Personal Growth Group for Women Only</i> Women Growing Older... Together Exploring Choices with Support For information Call Penny Bolice 824-4521 licensed Clinical Professional Counselor
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**We Have the Best Used Car Line-Up!**  
✓ Check It Out!



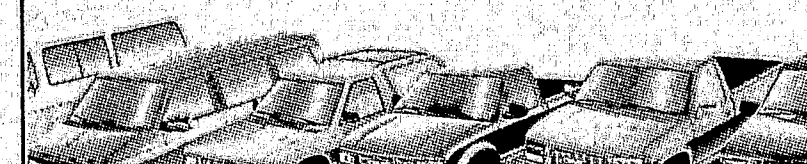
✓ PROGRAM VEHICLES

1 - 1994 Pontiac Bonneville SE	1 - 1994 Oldsmobile 98
1 - 1994 Oldsmobile Cutlass Ciera	1 - 1994 Honda Accord EX Wagon
4 - 1994 Pontiac Grand Am	1 - 1994 Pontiac Grand Prix SE
5 - 1994 Oldsmobile Achieva	1 - 1994 Pontiac Grand Am
1 - 1994 Pontiac Bonneville SSE	1 - 1993 Pontiac Grand Prix SE



✓ USED CARS

1993 Nissan Quest GXE	1991 Chevrolet Caprice Wagon
1993 Dodge Shadow ES, 2 door, Blue	1991 Pontiac Grand Am, 4 door
1993 Plymouth Acclaim	1991 Honda Accord EX Wagon
1993 Pontiac Bonneville SE	1991 Toyota Tercel, 4 door
1992 Buick LeSabre, Custom	1991 Oldsmobile Cutlass Ciera
1992 - Buick LeSabre, white	1990 Oldsmobile Cutlass Calais
1992 Olds 98 Regency Elite	1990 Oldsmobile 88 Brougham, 4 door
1992 Dodge Spirit 4 door	1990 Plymouth Sundance, 2 dr, auto
1992 Pontiac Grand Am, 4 door	1990 Mercury Topaz
1992 Mazda Protege LX, 4 door	1990 Pontiac Grand Prix - 4 door
1992 Oldsmobile Achieva, 4 door	1990 Pontiac 6000 Station Wagon
1991 - Ford Tempo All Wheel Drive	1989 Chrysler New Yorker
1991 Pontiac Grand Am, 4 door	1989 Oldsmobile Cutlass Ciera Wagon
1991 Oldsmobile 88	1988 Dodge Dynasty, 4 door



✓ USED TRUCKS

1994 Chevy S10 Ext. Cab, 4wd, 9,000 miles	1989 Ford Bronco II, 4x4
1994 Short Box GMC 4x4 p/u, fully loaded	1988 Chevy 1/2 ton, 4x2 pick-up
1993 GMC EX Cab, loaded, 19,000 miles	1988 GMC S-15 4x2
1993 Chevrolet Ex Cab, Sportside 4x4	1988 GMC Suburban 4x4
1991 Nissan Pathfinder 4x4	1987 GMC 1/2 ton 4x2, V6, Auto
1991 Nissan Regular Cab 4x4	1987 Chevrolet 3/4 Ton w/plow
1990 GMC 3/4 Ton Ex Cab w/extras	1986 Chevrolet Astro, Cargo Van
1990 Dodge Dakota w/cap	

**Hours: Mon-Fri 8-8 Sat. 8-5 Sun. 12-4**

**Cumier** **PONTIAC** **OLDSMOBILE**

**603-466-3356**

**AUTO ROW • GORHAM, NH**

Want to Advertise Your Business Here? Call (207) 824-2444 • DEADLINE: Friday at Noon



# Classifieds ~ Call 824-2444

3-7 ACRE LAND PARCELS with views. 15 minutes south of Sunday River, just off Route 26. \$8,900 and up with some owner financing considered. 674-2260

1-4  
MT. ABRAM DULEX CHALET view of Mt. Abram, 10 min. walk to lift, 20 min. drive to Sunday River Ski Area. 30x25 foundation, 3 floors. Upper apartment has 3 bedrooms, full bath, kitchen, living room. First floor apt. one bedroom, full bath, kitchen, living room. Spiral staircase. Can combine with the 2nd apartment to a single home. REDUCED \$89,900. Call owner (508) 635-9868 days or (508) 493-3154.

2-5p  
WILL TRADE COMMERCIAL LOT for slope-side condo, Sunday River. 1 lot off interchange 187- Lake George, Lake Placid area. Bill Murphy, NYS (518) 494-2061.

WE SELL FLEETWOODS VERY CHEAP, and this month we're going to sell Fleetwoods even cheaper. Like (1995) 70' 3 bed w/ dishwasher, oil gun, lots of kitchen cabinets, and built far better, with 5 yr. limited warranty TOOH! \$18,995 or \$950 down \$180 at \$227 APR 12.75% lots of others on display too. (207) 786-4016, Daily 9-6, Sunday 10-5. LUV Homes (1 mile from Turnpike) 1049 Washington St. Rt. 202, Auburn, ME

3-6  
HURRY SALE ENDS 1/24/95!! Factory 5 year limited warranty, \$231 for 180, \$970 down APR 12.75 or \$19,395. "1995" 70' 3 bedroom. 603-444-6208. Honeymoon Mobile Homes Rt. 18, north of Littleton, NH

due  
WHY PAY RENT? Own your own home. Foreclosures, Repo's, VA/HUD. Low \$

down with low interest loans. Call for pre-qualification, toll free: 1-800-225-1020 ext. 2902

4ne  
14x65 3 BEDROOM TRAILER 1 1/2 bath in quiet park \$18,900 negotiable. 824-3810.

4-7p  
WHO IS THE LARGEST Manufacturer? Fleetwood. WHO sells more Fleetwoods? WE DO. Why?? cause we sell Fleetwoods very cheap, AND this month we're going to sell Fleetwoods even cheaper. Like (1995) 70' 3 bed w/ dishwasher, oil gun, lots of kitchen cabinets, and built far better, with 5 yr. limited warranty tool \$18,995 or \$950 down \$180 at \$227 APR 12.75% lots of others on display too. (207) 786-4016, Daily 9-6, Sunday 10-5. LUV Homes (1 mile from Turnpike) 1049 Washington St. Rt. 202, Auburn, ME

## Introducing Phase II - The Androscoggin Building of

### Chamberlain Condominiums

OPEN HOUSE WEEKENDS

Luxury two and three bedroom, beautifully appointed condos, whirlpool tubs, outdoor heated pool and fully furnished!

#### Limited Offer of Pre-Construction Prices

Phase II of the Androscoggin Building of Chamberlain Condominiums is now accepting pre-construction orders. This is a rare opportunity to secure a unit at a significant discount. Units are available in 2 and 3 bedroom configurations. Call today to reserve your unit before they are gone.

We have every season and reason why you'll love Chamberlain Condominiums!

## CMA Property Development, Inc.

PO Box 997 • Bethel, Maine 04217 • (207) 824-4044 • 1-800-535-2270

### NOTICE Town of West Paris

The Public Hearing on the Budget will be at 7 p.m. on Wednesday, February 1, 1995 at the West Paris Fire Station.

Board of Selectmen  
Town of West Paris

### PUBLIC NOTICE

The Bethel Planning Board is seeking interested persons to assist in revising the Bethel Sign Ordinance. This committee will begin its work in February. Applications can be picked up at the Town Office and must be returned to the Planning Assistant by February 1, 1995. The Planning Board will appoint the committee at its February 8, 1995 meeting.

### Featured listings this week!

**Powder Ridge Condos from \$154,900-\$175,000!**  
**Eden Ridge Townhomes from \$94,500-\$129,900!**  
**Chamberlain Condos from \$64,500-\$149,900!**  
*(beat the rush with pre-construction prices!)*  
**Powder Ridge lots from \$44,900-\$49,900!**  
**Rumford Point lots from \$19,900-\$49,900!**  
Several Great Investment Opportunities  
*Let us help as your Buyer Broker*

### Offering Professional Services Including:

- ☐ Commercial Real Estate
- ☐ Condominium Sales/Development
- ☐ Affordable Housing
- ☐ Buyer Brokering Services

## Wild River Realty

P.O. Box 997

Bethel, ME 04217-0997

(207) 824-3999

Bob Laux - Designated Broker

Licensed Broker in Maine & New Hampshire

### Great Properties - Great Prices!

Check out these January, mid-season specials!

#### Eden Ridge

Mid week five nights @ \$499, three nights @ \$375 and weekends @ \$550! 2 & 3 bed units with fireplaces! With FREE weekend shuttle service!

#### Powder Ridge

Spectacular condos @ \$125/night mid-week, or unbelievable mountain homes from \$150/night mid-week! Great weekend packages! And FREE weekend shuttle service!

#### Chamberlain Condos!

1 or 2 bedroom condos, outdoor heated pool, fireplace, common area! Mid weeks from \$375! With FREE weekend shuttle service!

#### Best variety of homes!

From \$85/night for a remote log home to \$400/night for a spectacular Viking Village - super home - we have great properties to meet most needs!

Variety, packages, choice and FREE shuttles!  
Nobody offers more!

Rentals Unlimited - An employee owned company!

100% "A" Creative Management Associates, Inc.

Corner of Main & Vernon Streets, Bethel

(207) 824-4044



## Mahoosuc Realty, Inc.

Corner of Main & Vernon Streets PO Box 508 • Bethel, Maine 04217  
Tel: 207-824-2771 • Fax: 207-824-2061

WHETHER BUYING OR SELLING WE ARE HERE TO SERVE YOUR REAL ESTATE NEEDS.

**NEW LISTING**



**Sunday River Village** New Listing. Lovely contemporary home situated in Sunday River Village. 4 bedrooms, 3 baths, gourmet kitchen and a 2 car garage. Hardwood floors, palladian windows with gorgeous views of the slopes! \$280,000

**NEW LISTING**



**Mason Street, Bethel** Enjoy the convenience of living in this lovely farmhouse located on a corner lot on Mason Street. This home offers four bedrooms and a renovated kitchen. \$139,000

**NEW LISTING**



**Mechanic Street, Bethel** Large two family home located on Mechanic St., proposed street connecting the Village with the Bethel Station project. Needs some work, yet has unlimited possibilities. \$142,000

**UNDER CONTRACT**



**Farmhouse, Locke Hills** This farmhouse is situated on 3/4 of an acre of land located in Locke Hills just minutes to Mt. Abram Ski Area. This home offers a spacious country kitchen, 3-4 bedrooms, an attached barn and a private backyard. A great starter house at an unbeatable price of \$39,700!

**UNDER CONTRACT**



**Log Cabin on 6 1/2 acres** 3 bedroom log cabin privately situated on 6 acres of land with attractive mountain views. Nice open floor plan. Located on Rowe Hill in Bryant Pond. Priced to sell at \$110,000!

**UNDER CONTRACT**



**Commercial Potential** Very attractive early 1900's Federal style home located just outside the Village of Bethel with unlimited potential. New kitchen, 4-5 bedrooms, 2 baths with plenty of room for expansion. 2 attached schoolhouses and a large barn. Located on Rt. 202. You will be amazed by the space. \$137,000

**UNDER CONTRACT**



**New Construction** 2 bedroom, expandable Cape in West Bethel subdivision. 1st floor has 2 bedrooms, large living room, eat-in kitchen, full bath. 2nd floor is spacious and unfinished with potential of additional bedrooms and bath(s). Reasonably priced at \$99,700!

**UNDER CONTRACT**



**Farmhouse, Sunday River** 3 bedroom, 2 bath home located minutes from Sunday River Ski Area. 2 car garage, enclosed porch. 2 car garage. This lovely property is situated on 1 1/2 acres with frontage on Sunday River. \$195,000

**UNDER CONTRACT**



**Expensive Main Street Property** With excellent views. Property is in need of restoration work, due to a fire in the center. Lovely woodwork and fireplace.

**UNDER CONTRACT**



**Views of Androscoggin** Sunday River 3 1/2 acres of land located on the South Rumble Rd. Unbelievable views of the Androscoggin River to Sunday River. Very Private.

**UNDER CONTRACT**



**Round Pond, Greenwood** Picture perfect "ideal cabin on a lake" and chances are that this is it! 4 bedrooms, camp located on Round Pond in Greenwood, only about 2 miles south of Bethel. Many possibilities.

**SOLD**



**Viking Village, Sunday River** 3 bedroom, 2 bath home located in Viking Village. Walk to Road Runner. Pool across Barker Road. Spacious family room. Furnished. Very well maintained.

**UNDER CONTRACT**



**Affordably priced** New listing, 2 bedroom, modified mobile home situated on a very nice 1 1/2 acre lot in W. Bethel. Energy efficient, well maintained. A great starter home or affordable second home.

**UNDER CONTRACT**



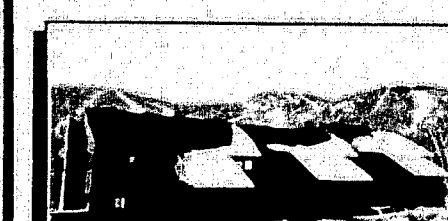
**Northwest Bethel Road** A well maintained 3 bedroom home situated on a 7 1/2 acre lot off of the Northwest Bethel Road. Private and views.



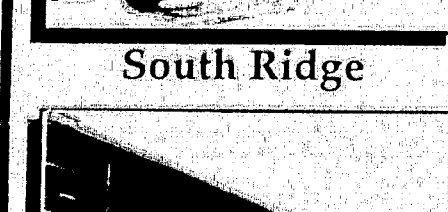
## Sunday River REALTY

"The Mountain Specialists"

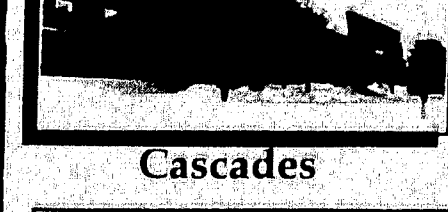
TRUST EXPERIENCE TO MAKE THE DIFFERENCE



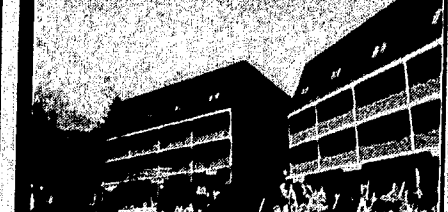
**South Ridge**



**Cascades**




**Merrill Brook**




**Brookside**

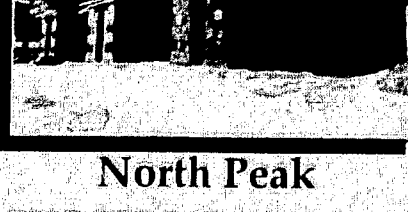
NORTH PEAK			
I-101	\$81,900	Two Bedroom/One Bath	One-level
I-111	\$78,000	Two Bedroom/One Bath	One-level
I-212	\$81,000	Two Bedroom/One Bath	One-level
I-312	\$80,900	Two Bedroom/One Bath	One-level
III-303	\$84,900	Two Bedroom/One Bath	One-level
III-305	\$82,500	Two Bedroom/One Bath	One-level
BROOKSIDE			
I-A307	\$84,500	Two Bedroom/One Bath	One-level
II-A116	\$61,500	One Bedroom/One Bath	Bi-level
II-B309	\$58,500	One Bedroom/One Bath	Bi-level
II-B113	\$58,900	One Bedroom/One Bath	Bi-level
II-B313	\$59,900	One Bedroom/One Bath	Bi-level
II-B315	\$59,900	One Bedroom/One Bath	Bi-level
II-A203	\$45,900 u/c	Studio/One Bath	One-level
II-A209	\$44,500	Studio/One Bath	One-level
II-B209	\$46,000	Studio/One Bath	One-level
II-B213	\$46,500	Studio/One Bath	One-level
CASCADES			
B14	\$54,900	Studio/One Bath	One-level
SUNRISE			
C-119	\$63,000	One Bedroom/One Bath	Bi-level
C-120	\$63,000	One Bedroom/One Bath	Bi-level
C-124	\$56,900	One Bedroom/One Bath	Bi-level
C-125	\$55,000	One Bedroom/One Bath	Bi-level
FALL LINE			
W-107	\$56,900	One Bedroom/One Bath	Bi-level
W-201	\$54,900	One Bedroom/One Bath	Bi-level
W-215	\$56,900	One Bedroom/One Bath	Bi-level
S-111	\$65,900	One Bedroom/One Bath	Bi-level
WHITE CAP			
A-201	\$67,900	One Bedroom/One Bath	One-level
A-405	\$66,000	One Bedroom/One Bath	One-level
B-317	\$63,900	One Bedroom/One Bath	One-level
B-414	\$64,900	One Bedroom/One Bath	One-level
B-416	\$63,900	One Bedroom/One Bath	One-level
B-212/213	\$125,000	Three Bedroom/Two Bath	One-level
SOUTH RIDGE			
B-3	\$64,900	One Bedroom/One Bath	Bi-level
J-4	\$129,900	1-2 Bedroom/Two Bath	Tri-level
L-6	\$154,900	3-4 Bedroom/Two Bath	Tri-level



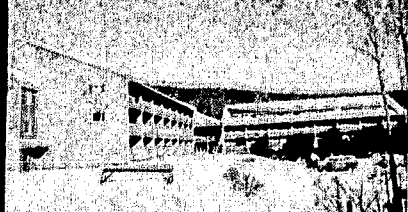
**White Cap**



**North Peak**



**Fall Line**



**Sunrise**

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(207) 824-3000 Ext.333







